



Editor: Hiba Jawdat Barqawi

## Dean's message of the month

We would like to thank **His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi**, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah and the board of trustees and **Professor Hamid Al-Nuaimy**, the Chancellor of the University of Sharjah for the generous support to our faculty.

We would like assure the leadership that we will be working hard to provide the best education for our students, the best service for our community, and the best standard of research and clinical training .

**Professor Qutayba Hamid**

**On behalf of all the faculty of the College of Medicine**

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## College News

### Mobile Clinic:

**His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi**, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah and **Professor Hamid Al- Nuaimy**, the Chancellor of the University of Sharjah agreed last year to establish a mobile clinic to serve the community in need by providing preventive, diagnostic services to people who have difficulty in receiving care in the primary health centres. The Mobile Clinic will cater to Sharjah, Khorfakkan, Al Dhaid and Kalba. The Mobile Clinic is it's final stage and will be delivered in January 2017. The University Clinic is also in it's final stages and will open its doors in February 2017.



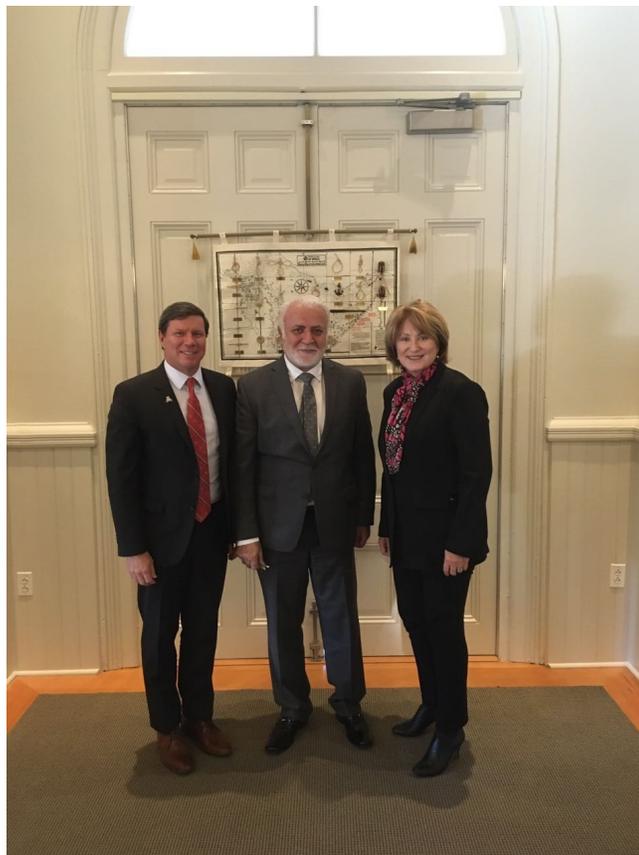
## **Advisory Site visit to the College of Medicine:**

The College of Medicine was visited by **Dr. David Eidelman**; Dean of Medicine and Vice-Principal of Health Affairs at McGill University in Canada and **Dr. Mohamed Al-Moamary**; Assistant Vice President of Educational Affairs at King Saud bin Abdulaziz University for Health Sciences (KSAU-HS) in Saudi Arabia.

During this visit they met with all the faculty as well as with the individual committees in our college and also with the student representatives from different years at the College of Medicine as well as the Clinical and Training Center (CTC) and Sharjah Institute for Medical Research (SIMR) to discuss a common vision between all the universities and give advice before the upcoming accreditation visit.

## **Visit to Arizona University:**

**Professor Qutayba Hamid** visited Arizona University, Tucson in the United States on the 30<sup>th</sup> November 2016 where he met with **Professor Ann Weaver Hart**, the President of the University, **Professor Charles Cairns**, the Assistant Vice President for Clinical Research and Clinical Trials at the University of Arizona Health Sciences and Dean of the University of Arizona College of Medicine to discuss potential collaboration between the two universities.



## Viral News

### Thunderstorm Asthma Strikes Thousands

**Submitted by: Hiba Barqawi**

By Peter Russell WebMD Health News (Nov. 28, 2016 )



Six people died in the Australian city of Melbourne after a mass outbreak of “thunderstorm asthma,” according to media reports. Emergency services were overwhelmed by 1,900 calls in the space of a few hours after the storm struck last Monday. About 8,500 people were treated in hospitals. About a third of them never had asthma before, reports say.

Thunderstorm-aggravated asthma is caused by the effect a storm has on pollen, according to the Australasian Society of Clinical Immunology and Allergy. Humid, thundery weather draws pollen into the atmosphere, turning it into smaller particles. When these smaller particles are breathed in, they are drawn deeper into the lungs, causing a greater degree of irritation and inflammation.

Why were so many people affected in Australia? It’s spring there, and spring-time comes with high levels of pollen. In Melbourne, levels of rye pollen were reported to be more than double the normal amount for this time of year, media reports say. Some of those affected may not have suspected they were having an asthma attack if they had never been diagnosed with it.

While epidemics on the scale of that seen in Melbourne are not common, thunderstorm-aggravated asthma can happen during warmer months. Similar events have happened in the U.S., Canada, U.K., and Italy, according to the Associated Press.

In the winter, a condition called exercise-induced asthma can trigger asthma-like symptoms when people work out in cold weather, according to the American Academy of Allergy, Asthma and Immunology.

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## An English-speaking teenager has woken up from a coma speaking fluent Spanish

Submitted by: **Dr. Azma AbdulMalek**

By Fiona Macdonald (26 Oct. 2016)



A 16-year-old in Atlanta has made headlines this week after waking up from a coma speaking fluent Spanish. Rueben Nsemoh is a native English speaker who knew some basic Spanish before he suffered a concussion during a soccer game, but when he woke up from the injury, he was able to speak Spanish "like a native", and struggled with English. "It started flowing out, I felt like it was like second nature for me. I wasn't speaking my English right, and every time I tried to speak it I would have a seizure." Rueben said. "It was weird," he added. "It was not scary at all. I actually liked it a lot. It was really unique to me." In the weeks since, he's slowly been regaining his ability to speak English, and his Spanish skills are fading, but doctors are struggling to explain exactly what happened.

The case almost sounds too bizarre to be true, but Rueben is not the only one who's had this experience. The news is full of stories of people surviving head injuries only to start speaking in another language, like this Englishman who began speaking Welsh following a stroke, even though he'd never formally learnt the language. Or this Croatian teenager, who woke up from her coma able to speak fluent German, even though she'd only just begun studying it. And, back in 2013, an Australian man woke up from a car crash speaking only Mandarin, a language he'd studied at school but wasn't previously fluent in. What all of these cases have in common is that the patients all knew the language they went on to speak to some extent, although not fluently. They all suffered a severe head injury, and all struggled to speak their native language when they first woke up. Over time, that ability returned to them. But from a scientific point of view, how is this possible? The reality is, researchers still aren't entirely sure, but the new-found language abilities seem to be caused by the brain rewiring itself following traumatic injury, and are most likely an offshoot of the well-documented but rare condition called **Foreign Accent Syndrome**.

There have been at least 200 cases of Foreign Accent Syndrome documented, which occurs when someone recovers from a brain injury only to find themselves speaking in a foreign accent. In one of the first documented cases, a Norwegian woman was hit by bomb shrapnel during a WWII air raid, and woke up with a German accent - her friends and neighbors subsequently shunned her because they thought she was a spy. The syndrome is caused by damage to the part of the brain that controls the muscles used to produce speech. "Speaking requires very precise control of the muscles of lips, tongue, and jaw (the speech articulators) and the larynx (voicebox)," wrote Lyndsey Nickels from Macquarie University for the Conversation back in 2013. "If the placement of the articulators, speed or coordination of movements are slightly out of sync, then speech sounds will be altered."

So people aren't truly speaking in a new accent, they're just losing control over the way they'd usually pronounce vowels and consonants, and this can make them sound like they're speaking with a certain accent. This can also lead to people sounding like they're fluent when they speak another language, even if they're making lots of mistakes. And this might be part of what's going on when people wake up from a head injury being 'fluent' in another language, as in the case of Rueben Nsemoh. In reality, these patients might not actually be that skilled at the new language as they sound, but their new accent might make them sound that way. There's also the possibility that the ability to suddenly speak a little-known language fluently could be more to do with the fact that the patients all seem to lose their native language immediately after the injury. This could be a result of something known as aphasia - a common impairment of language that's often caused by strokes. It's been described as feeling like words are on the tip of your tongue all the time, but you can't access them.

Usually aphasia would affect all languages a person knows, but it's possible in these cases that it's only affecting the patients' native language - which is allowing them to access parts in a secondary language they didn't even know they knew. With regards to the Croatian teenager who woke up only being able to speak German, Steven Novella, a neuroscientist from Yale University, wrote over on the neuroscience Neurologica Blog: "The question is - could she have an unusual form of aphasia that is impairing her ability to disinhibit her Croatian language, leaving her only able to speak German? This could theoretically have the effect of making her German seem more fluent, because she does not have to expend mental energy inhibiting her Croatian - that has become automatic." For now, these are just hypotheses, and there have still been no peer-reviewed case studies of people waking up from a head injury speaking a second language. But hopefully with more research we might finally begin to understand how our brains rewire themselves following injury, sometimes to give us remarkable new abilities.

## Do not take for granted without scientific evidence:

Submitted by: Professor Mohamed Al-Hajjaj

### Being Cold Gives You a Cold

No matter what your grandma might've told you, spending too much time in the cold air doesn't make you sick. One study found that healthy men who spent several hours in temperatures just above freezing had an increase in healthy, virus-fighting activity in their immune systems. In fact, you're more likely to get sick indoors, where germs are easily passed

### Eggs Are Bad for Your Heart

Omelet lovers, rejoice. Eating an egg or two a day doesn't raise the risk of heart disease in healthy people. Yes, the yolks have cholesterol, but for most of us, the amount found in any one food isn't as bad for you as the mix of fats from everything you eat. What's more, eggs have nutrients, like omega-3s, that may lower the risk of heart disease.

### Antiperspirant Causes Breast Cancer

Don't sweat it! Some scientists think the chemicals found in antiperspirants and deodorants can be absorbed through your underarm. The idea is they end up in breast tissue and make tumors more likely. But the National Cancer Institute says there's no evidence connecting either product with breast cancer.

### You Need a Daily Multivitamin

You may have heard that a multivitamin can make up for nutrients that aren't in your diet. Researchers don't all agree on that point. But if your doctor tells you to take vitamin, do it. And if you're pregnant, you need to take folic acid to lower the risk of birth defects. Still, the best way to get your nutrients is to eat a diet filled with fruits, vegetables, whole grains, nuts, and healthy oils.

### Eat Breakfast to Lose Weight

Eating breakfast does help some people lose weight. It can stave off hunger, and it might prevent random eating later in the day. If you're not a breakfast fan, you can still slim down. A Cornell University study found that the non-breakfast crowd didn't overeat at lunch and dinner, and they ate about 400 fewer calories a day. The bottom line: Skipping breakfast may help some healthy people shed pounds.

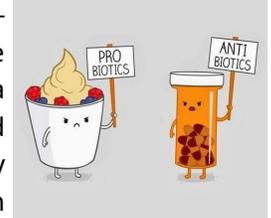
### Cracking Joints Causes Arthritis

The sound might annoy people around you, but that's about all the harm it does. You may think bones or joints rub together to cause the noise, but that's not so. It results from a gas bubble that forms between the bones and "pops." If you enjoy doing it, keep on. Studies show it doesn't cause or play a role in arthritis. If you feel regular or severe pain when you do it, see your doctor.

# What do you know about pro-biotics?

Submitted by: **Professor Mohamed Al-Hajjaj**

The root of the word *probiotic* comes from the Greek word *pro*, meaning "promoting," and *bio-tic*, meaning "life." The discovery of probiotics came about in the early 20th century, when Elie Metchnikoff, known as the "father of probiotics," had observed that rural dwellers in Bulgaria lived to very old ages despite extreme poverty and harsh climate. He theorized that health could be enhanced and senility delayed by manipulating the intestinal microbiome with host-friendly bacteria found in sour milk. Since then, research has continued to support his findings along with suggesting even more benefits.



In October 2013, the International Scientific Association for Probiotics and Prebiotics (ISAPP) organized a meeting of clinical and scientific experts on probiotics (with specialties in gastroenterology, pediatrics, family medicine, gut microbiota, microbiology of probiotic bacteria, microbial genetics, immunology, and food science) to reexamine the concept of probiotics. They define probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." They also differentiated between products containing probiotics and those containing live or active cultures and established the following criteria:

- **Live or active cultures criteria:**
  - Any food with fermentation microbe(s)
  - Proof of viability at a minimum level reflective of typical levels seen in fermented foods, suggested to be  $1 \times 10^9$  CFU per serving
  - No specific research or evidence is needed to make this claim
- **Probiotics criteria for products that do not make a health claim:**
  - A member(s) of a safe species, which is supported by sufficient evidence of a general beneficial effect in humans *or* a safe microbe(s) with a property (for example, a structure, activity, or product) for which there is sufficient evidence for a general beneficial effect in humans
  - Proof of viability at the appropriate level used in supporting human studies
- **Probiotics criteria for products that make a health claim:**
  - Defined probiotic strain(s)
  - Proof of delivery of viable strain(s) at efficacious dose at the end of shelf life
  - Convincing evidence needed for specific strain(s) or strain combination in the specified health indication

Our body normally has what we would call good or helpful bacteria and bad or harmful bacteria. Maintaining the correct balance between these bacteria is necessary for optimal health. Age, genetics, and diet may influence the composition of the bacteria in the body (microbiota). An imbalance is called dysbiosis, and this has possible links to diseases of the intestinal tract, including ulcerative colitis, irritable bowel syndrome, celiac disease, and Crohn's disease, as well as more systemic diseases such as obesity and type 1 and type 2 diabetes.

## Featured Faculty– Recruitment

We welcome the following new faculty to our college:



### Dr. Iman Mamdouh Talaat

Dr. Iman graduated with an M.B.B.Ch. (excellent grade and nominated first among 500 students) from Alexandria University in Egypt in 1997.

She then obtained her Master degree in Pathology from the University of Alexandria in Egypt in 2003. Her Master thesis was entitled: 'Detection of Human Papilloma Virus in Laryngeal Carcinoma by Means of in Situ Hybridization Technique'. She then went on to complete her PhD in Pathology at the same university in 2008 where her PhD thesis was entitled: 'Histopathological and Immunohistochemical Study of Gastro-intestinal Lymphoma with the Detection of Translocation t(11;18) by Fluorescence in Situ Hybridization'.

Currently, she is an Associate Professor in Pathology at the Department of Clinical Sciences at the University of Sharjah, since 23<sup>rd</sup> October 2016 where her teaching responsibilities include teaching students of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> years of Medicine. She has experience in teaching in an integrated system, modules, lectures, sections, TBL, and ILA as well as teaching general and surgical pathology to postgraduate students (Master and PhD degree) in various specialties.

She is a member of the International Academy of Pathology (Arab division) since 2008, member of the Egyptian Society of Pathology since 2007, and member of the editorial board of the American Journal of Biomedicine ISSN 2333-5106.

Her research interest is the fields of Breast Pathology, Lymphoma and Fluorescence in situ hybridization (FISH). Her previous academic and research experience involves the supervision of students working on their Pathology theses, participation in research work in the field of Pathology and FISH technique as well as participating in conferences and seminars in the Department and College. She has 20 national and international publications and is looking forward to being involved in the Sharjah Institute for Medical Research (SIMR) to continue her research. She currently has two grants:

- Gene Expression Profile in a group of young Egyptian colorectal Cancer Patients on treatment. Research Enhancement Program (ALEX REP) 2011 – 2012.
- Intelligent Therapeutic Nanomedicine: Multiple Functionalization of Gold Nanoparticles to target induced Oral Squamous Cell Carcinoma (an experimental study). Research Enhancement Program (ALEX REP) 2013- 2014.

We welcome Dr. Iman and hope she settled in well and wish her the best of luck in her research projects.

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## Faculty & Staff Achievements, Awards and Special Recognition

### Publications:

- **Dr. Eman Abu- Gharbieh** recently had an article published: Bioactive content, hepatoprotective and antioxidant activities of whole plant extract of *Micromeria fruticosa* (L) Druce ssp *Serpyllifolia* F Lamiaceae against Carbon tetrachloride-induced hepatotoxicity in mice. *Tropical Journal of Pharmaceutical Research* October 2016; 15 (10): 2099-2106.
- **Drs. Maha Guimei, Hiba Barqawi, Nihar Dash and Azzam Magazachi** recently published an article: Guimei MM, Barqawi HJ, Dash NR, Maghazachi AA (2016) Sepsis- The Dilemma Continues. *MOJ Immunol* 4(3): 00125. DOI: 10.15406/moji.2016.04.00125.

### Conference Participation:

- **Dr. Eman Abu-Gharbieh** won the 'Best Poster Award' for her poster "Revealing treatment related problems for outpatient with chronic diseases in United Arab Emirates" which was presented at the 4<sup>th</sup> International Conference and the 2<sup>nd</sup> Conference of the Association of Faculties of Pharmacy at Jordanian Universities, 25<sup>th</sup>-27<sup>th</sup> October 2016.
- **Prof. Nabil Suliman** gave the key note talk at the GULFSIM Conference and MEDSIM Olympics 2016 held on 25<sup>th</sup>-26<sup>th</sup> of October 2016. The talk was entitled 'Use of simulation for UG and PG at Sharjah Clinical and Surgical Training Center'.



- **Dr. Heba Walid** represented the College of Medicine by giving a talk at the University of Sharjah (Women's Campus) on the 31<sup>st</sup> October 2016 entitled "You are Life". The main objective of this talk was to spread awareness amongst young ladies on campus on the significance of early screening for breast cancer by shining the light on the pathogenesis of the disease, most common risk factors, how to perform self-breast examination and the importance of regular clinic check-ups.



- **Profs. Qutayba Hamid and Nabil Suliman** participated at the 4<sup>th</sup> Emarati- German Congress held at the University of Sharjah on the 6<sup>th</sup>-8<sup>th</sup> November 2016 by giving talks and were also on the scientific committee at this event. Prof. Qutayba, Dean of the College of Medicine and Chair of the Scientific Committee, gave a talk on 'Update in management of Bronchial Asthma' and Prof. Nabil on 'Models of Diabetes Care in Australia and application in UAE and GCC'.

- **Prof. Qutayba Hamid** chaired the opening session of Sihati conference held at the University of Sharjah on 15<sup>th</sup> -16<sup>th</sup> November 2016 and gave a talk on allergies and their effect on children's health. **Prof. Nabil Sulaiman** chaired the 9<sup>th</sup> session on Family Health and gave a talk about the myths related to cancers. **Dr. Heba Walid** held a workshop on how to relieve choking in infants and children.
- **Prof. Azzam Magazachi** gave a talk at the International Conference on CHEST on 17-18<sup>th</sup> November 2016 on: 'Updates on Cancer Immunotherapy with Emphasis on Innate Immune Cells'.
- **Prof. Azzam Magazachi** will also be participating as Key Note Speaker at the International Conference on Cancer Care and Cure on 1<sup>st</sup>-2<sup>nd</sup> December 2016. His talk will be entitled: 'A new mechanism of action for drugs used to treat multiple sclerosis for cancer'.

### Grants:

- **Prof. Qutayba Hamid** has been granted a fund of 200,000 dhs for the Collaborative Research Project from the university for a research project entitled: 'Mitochondrial Targeting Therapy for Airway Remodeling'.
- **Dr. Adel Elmoselhi** has been granted funds for the Collaborative Research Project from the university to study "Role of the circulatory miRNAs as reliable markers and early signs for CVD in individuals suffering from obesity and Vitamin D deficiency in UAE". The co-investigators in this project are Dr. Mohamed Seif and Dr. Ahmed El-Serafy. The project is expected to be completed in two years.
- **Dr. Samrein Ahmed** has obtained a targeted grant for an amount of 200,000 dhs. The grant title is "Investigating the impact of ShcD in melanoma migration and survival via ROS modulation". The co-investigator in this project is Dr. Wael AbdelRahman.

### Innovation Week:

- **Dr. Jalal Taneera** gave a talk on pancreatic islets transplantation at EXPO Sharjah during Innovation Week on 20<sup>th</sup> November 2016 titled 'New Advances in Beta cells implantation'.



Congratulations to our faculty and staff on their successes and achievements!

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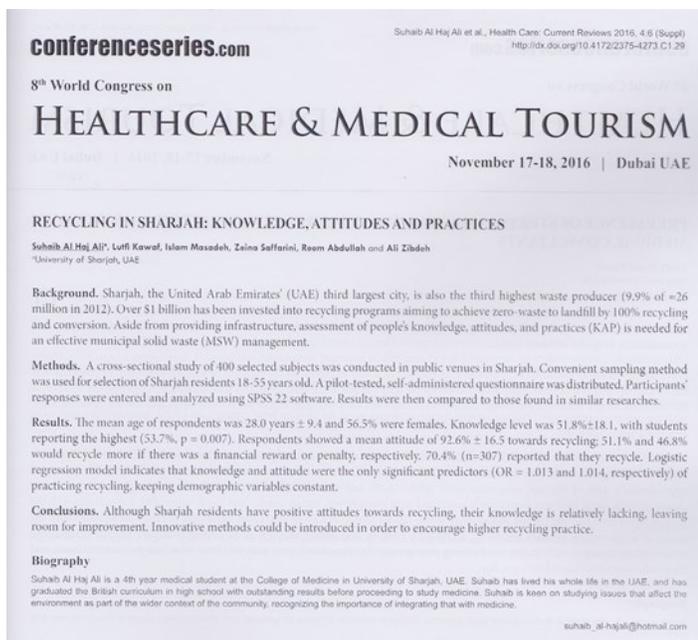
## Student Corner

### Student Achievements and Conference Participation:

Our Year 3 students **Suhaib Al Haj Ali, Reem Abdullah, Islam Masadeh, Zeina Saffarini and Lutfi Kawaf** presented their group Community Based Research (CBR) project at the **8<sup>th</sup> World Congress on Healthcare and Medical Tourism** in Dubai on 18<sup>th</sup> November 2016 in the form of an oral presentation. The presenters were **Suhaib Al Haj Ali and Reem Abdullah**.

The project is entitled: **‘Recycling in Sharjah: Knowledge, Attitudes, and Practices’**. The other student involved in this project is: **Ali Zibdeh**. This group of students were supervised by **Drs. Hiba Barqawi and Amal Hussain**.

The students were awarded **1<sup>st</sup> place** in the **Young Researcher Forum** and were given certificates of recognition for their outstanding participation and encouraged to submit their work for publication. Congratulations on this remarkable achievement!



Our Year 5 students **Ahmed Nugud, Sara Al-Hajo, Ghada Al-Ahmdani, Nafja Al-Mazroua, Mazin Edan** presented their group Community Based Research (CBR) project at the **8<sup>th</sup> World Congress on Healthcare and Medical Tourism** in Dubai on 18<sup>th</sup> November 2016. The presenter was **Ahmed Nugud**.

The project is entitled: **'The Patterns of Usage and Perceived Impact of Social Networking Sites on Medical students' Education'**.

This group of students were supervised by **Drs. Akram Jaffar and Amal Hussain**.



conferenceseries.com  
8<sup>th</sup> World Congress on  
**HEALTHCARE & MEDICAL TOURISM**  
November 17-18, 2016 | Dubai UAE

Alwahab A et al., Health Care: Current Reviews 2016, 4:6 (Suppl)  
<http://dx.doi.org/10.4172/2375-4273.C1.29>

**THE PATTERNS OF USAGE AND PERCEIVED IMPACT OF SOCIAL NETWORKING SITES ON MEDICAL STUDENTS' EDUCATION**

**Alwahab A\*, AlAhmdani G\*, Al-Mazroua N\*, Al-Hajo S\* and Edan M\***  
\*University of Sharjah, UAE

**Background.** The use of Social Networking Sites (SNSs) is rising among today's college students. Instructors are beginning to consider the possible significance and implications of social media for education practice and provision; making it a target for further research.

**Aims.** To know the patterns of usage and the perceived positive and negative effects of SNSs on students' education.

**Methods.** A cross-sectional study was done in University of Sharjah using Qouta sampling method to enroll first to third year students in the colleges of Medicine, Dentistry and Pharmacy. Self-administered questionnaires were completed. Data was processed and analyzed using SPSS 22.

**Results:** A total of 350 students (74% females and 26% males) participated in the study. YouTube ranked first as the SNS used for educational purposes (52.7%), while Facebook was first for non-educational purposes (45.2%). Smartphones were most used to access SNSs (80.3%), which explains why 69.1% had SNSs always run on their devices. Videos (55.3%) and photos (24.3%) were the most preferred media for educational enhancement. Of our total sample, 92.2% thought that SNSs are helpful in studying mainly due to fast access to information (78.6%), easy communication (69.2%) and aiding colleague socialization (45%). Those who disagreed said that it wastes time (66.7%) and that the information is not always authentic (33.5%).

**Conclusion:** Many students now depend greatly on SNSs to enhance their learning experience, as they believe that their positive effect on education outweighs the negative. Thus, we suggest implementing SNSs in the educational process to a greater extent.

**Biography**  
Ahmed A Nugud is a medical student at College of Medicine, University of Sharjah, Sharjah, UAE.

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## MSA Social Gathering

The members of the MSA went out for a relaxed evening at 'Hawaa Al Wedian' restaurant in Dubai on the 20<sup>th</sup> October 2016, where they got to know each other over a delicious dinner and enjoyed playing group games.



## MSA Health Awareness Day

MSA members from Year 3 participated in the 'Health Awareness Day' which was held on the 25<sup>th</sup> October 2016 in the Student Centre in the Men's Campus, where they represented the College of Medicine.

The stall they set up aimed to spread awareness about diabetes, smoking and road traffic accidents using scientific models and colourful charts. They also measured the blood pressure and glucose of the public.



## MSA Women's Health Day

The central area of M27 buzzed in blue and green on the 1<sup>st</sup> of November 2016, Women's Health Day, which was organized by the MSA in order to increase awareness about cervical cancer.

Many stalls with various educational games and food items were set up in the M27 foyer. In addition, a scientific session was held in room 029 which included talks by visitors, a quiz competition, a CBR presentation, an intense debate and an entertaining play. There was something to suit everyone's taste.



## MSA Women's Health Day

On 1<sup>st</sup> of November 2016, MSA members also set out to raise awareness about cervical cancer among the Sharjah community, as part of the Women's Health Day.



## MSA participation at UAE Flag Day

On the 3<sup>rd</sup> of November 2016, the MSA members distributed flags and scarfs to people in the Sharjah community to celebrate the spirit of the UAE flag day.



## MSA participation at UOS Sports Day

UOS Sports Day was held on the 16<sup>th</sup> November 2016. Medical students participated in the fitness classes and physical competitions at this event.

MSA members contributed to the registration, organization of games and distribution of prizes. They also added 3 games to the event: dodge ball, twister and badminton.



## MSA participation at Beat Diabetes Walkathon

The MSA participated in the 'Beat Diabetes Walkathon' held annually in Zaabeel Park in Dubai. The walkathon this year was held on the 18<sup>th</sup> November 2016.

Students raised posters and flags representing MSA and the College of Medicine as they walked approximately 4 kms, chanting and getting into the spirit of the walkathon. Drs. Anu Ranade and Sara Shorbagi, two of our faculty members, also joined in on the fun. The group then enjoyed attending Zumba lessons as well as touring the ripe fruit market at the end of the walkathon.

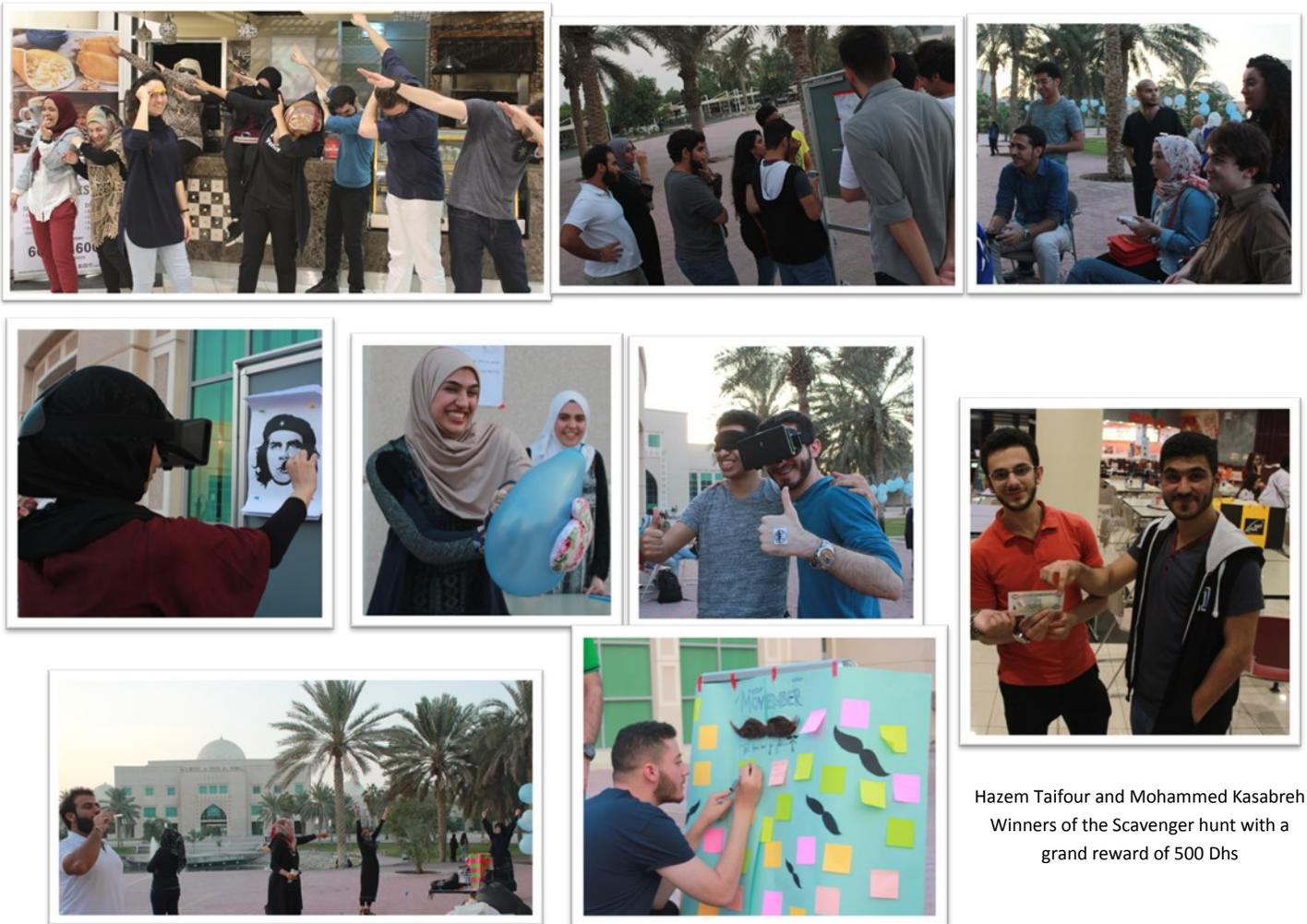


## EMSS – SCORA Movember Event

The first event for SCORA (Standing Committee on Sexual and Reproductive Health including HIV and AIDS) was held on the 20<sup>th</sup> November 2016 to raise awareness for prostate cancer. With the presence of the team members and students from different colleges, the event was as successful as expected. Based on the effort applied, it was made simple and interesting at the same time; with a chart to write memorable thoughts to support those suffering from prostate cancer. In addition, there were games for entertainment, such as: Pin the ‘stache, Hat-Needle balloon popping as well as blowing balloons and many more. At the end of the day, the message had been truly conveyed.



**Sara Atef Mahmoud**— Local Officer of SCORA



Hazem Taifour and Mohammed Kasabreh  
Winners of the Scavenger hunt with a  
grand reward of 500 Dhs

## EMSS – SCOPH Osteoporosis Event

The aim of this event, which was held on the 21<sup>st</sup> November 2016, was to raise funds for osteoporosis, while raising awareness about the disease. Osteoporosis is a serious disease that can affect a person's quality of life, especially in the elderly population.

There were many activities and fun games to attract people to come join in such as the whispering challenge, balloon popping, pin the bone and there was even a milk drinking competition (osteoporosis– milk). SCOPH members were responsible for tickets, photo booth, face painting and many others.

Year 1 student and SCOPH member **Yousef Alabrach** shared: 'We were all very enthusiastic about the event, and no one took the work lightly. We started planning and brainstorming for ideas together two weeks ago. Everything was well organized and all of us did our work perfectly and on time. We enjoyed the event (we didn't feel the 3 hours passing), and we played some of the games ourselves! The best thing about the event is how we were all working together at the same time for the same purpose while enjoying our time and our friendship. Yes, it was a huge amount of work and pressure, but it came with great pleasure. We did the whole set up in just one hour! They say you can't do many things at once, but you actually can when you are on a great team where there is no 'I'. Whenever anyone needed help no one hesitated to provide it. Honestly, I did not think that team work could be this powerful and beautiful.'



## **EMSS – SCOPH Preventative Medicine Events**

SCOPH had 2 preventive medicine events during the month of November. The aim was to raise awareness about both blood pressure and blood sugar, since they are two of the most important issues nowadays. SCOPH, along with volunteers, went to two places to raise awareness, Sharjah Corporation AL-Riqqa branch and Sahara mall.

There were 3 students, all from Year 1 Medicine, involved in this event: **Hiba Riad Ramzi**, **Yousef Souhail Alabrach** and **Mahmoud Elhussein Mohamed**.

There was a table set-up to measure the blood sugar and pressure from shoppers (people in the community) while writing down their details (Name-Age-Country) and their test results. We also gave many advices to those people about lifestyle and diet changes, and we tried to help as much as we could.

It was a great experience for the three of us, to get to interact with real people with different ideas, backgrounds and beliefs. We found it a little challenging to convince some people who had presumptions and to change the wrong ideas embedded in some of them. And sometimes, the explanation itself proved to be a problem.

We felt what it was like to be under real pressure, with people coming and going, some of them were open to us and others were stubborn. I guess this is what our job would look like, trying to help and handle different types of people. We actually had a lot fun in going to the field and transforming our knowledge to real work, and we are really grateful to those we helped us.

**Yousef Souhail Alabrach** — 1<sup>st</sup> Year Medical Student



Mahmoud and Yousef, along with a nurse, in the Sharjah Corporation.

## Events

### Sihati Conference



Under the patronage of **Her Highness Sheikha Jawaher Bint Mohammed Al Qasimi**, Chairperson of the Supreme Council for Family affairs, the 6<sup>th</sup> Annual Conference on Child Health - Sihati 2016 Conference was held at the College of Pharmacy in the University of Sharjah on the 15<sup>th</sup>-16<sup>th</sup> November 2016.

The conference covered numerous topics regarding the health of children; namely diabetes, asthma, nutrition, psychological health, proper protocol regarding emergency response, among a variety of others. It is worth mentioning that the College of Medicine was greatly involved in this significantly important event through the participation of several of our faculty members. **Professor Qutayba Hamid**, Dean of the College of Medicine, chaired the opening session of the conference, as well as gave a talk on allergies and their effect on children's health. **Professor Nabil Sulaiman**, Head of the Family Medicine Department, chaired the 9<sup>th</sup> session on Family Health and gave a talk about the myths related to cancers. **Dr. Heba Walid**, clinical tutor and a certified AHA instructor, held a workshop on how to relieve choking in infants and children.



## 4<sup>th</sup> Emirati- German Congress in Medicine

Under the patronage of His Highness Sheikh Dr. Sultan Bin Mohammed Al Qasimi, Member of the Supreme Council, Ruler of Sharjah, and President of the University of Sharjah, The University of Sharjah hosted the “4<sup>th</sup> Emirati German Congress in Medicine” that was held in partnership with the University of Luebeck-Germany, B.G Hospital-Hamburg for Trauma - Germany, Sharjah Health Authority, Sharjah Tourism & Development Authority, and Sharjah Media Corporation from 6<sup>th</sup> - 8<sup>th</sup> November 2016 at Al Razi Hall in the Colleges of Medicine and Health Sciences at the University of Sharjah.

**Professor Qutayba Hamid** and **Professor Nabil Suliman** participated by giving talks and were also on the scientific committee at this event. **Professor Qutayba**, Dean of the College of Medicine and Chair of the Scientific Committee, gave a talk on ‘Update in management of Bronchial Asthma’ and **Professor Nabil** on ‘Models of Diabetes Care in Australia and application in UAE and GCC’.



## UAE Flag Day

The 3<sup>rd</sup> of November is the UAE Flag Day. Created in 1971 for the country's formation, the UAE flag of is a symbol of much pride for Emiratis. Like the flag of every nation, it must be treated with honour.

Faculty and students conglomerated for the occasion of Flag Day where the students, along with the Chancellor raised the flag high, while all joined in to sing the UAE National Anthem.



# **Male contraceptive injection proves effective**

Submitted by: **Professor Mohamed Al-Hajjaj**

J Clin Endocrinol Metab. 2016 Oct 27;jc20162141. [Epub ahead of print]

## **Efficacy and Safety of an Injectable Combination Hormonal Contraceptive for Men.**

Behre HM<sup>1</sup>, Zitzmann M<sup>1</sup>, Anderson RA<sup>1</sup>, Handelsman DJ<sup>1</sup>, Lestari SW<sup>1</sup>, McLachlan RI<sup>1</sup>, Meriggiola MC<sup>1</sup>, Misro MM<sup>1</sup>, Noe G<sup>1</sup>, Wu FC<sup>1</sup>, Festin MP<sup>1</sup>, Habib NA<sup>1</sup>, Vogelsong KM<sup>1</sup>, Callahan MM<sup>1</sup>, Linton KA<sup>1</sup>, Colvard DS<sup>1</sup>.

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### **Abstract**

#### **CONTEXT:**

The development of a safe and effective reversible method of male contraception is still an unmet need.

#### **OBJECTIVE:**

Evaluation of suppression of spermatogenesis and contraceptive protection by coadministered im injections of progestogen and testosterone.

#### **DESIGN:**

Prospective multicentre study.

#### **SETTING:**

Ten study centers.

#### **PARTICIPANTS:**

Healthy men, aged 18-45 years, and their 18- to 38-year-old female partners, both without known fertility problems.

#### **INTERVENTION:**

Intramuscular injections of 200-mg norethisterone enanthate combined with 1000-mg testosterone undecanoate, administered every 8 weeks.

#### **MAIN OUTCOMES MEASURES:**

Suppression of spermatogenesis by ejaculate analysis, contraceptive protection by pregnancy rate.

#### **RESULTS:**

Of the 320 participants, 95.9 of 100 continuing users (95% confidence interval [CI], 92.8-97.9) suppressed to a sperm concentration less than or equal to 1 million/mL within 24 weeks (Kaplan-Meier method). During the efficacy phase of up to 56 weeks, 4 pregnancies occurred among the partners of the 266 male participants, with the rate of 1.57 per 100 continuing users (95% CI, 0.59-4.14). The cumulative reversibility of suppression of spermatogenesis after 52 weeks of recovery was 94.8 per 100 continuing users (95% CI, 91.5-97.1). The most common adverse events were acne, injection site pain, increased libido, and mood disorders. Following the recommendation of an external safety review committee the recruitment and hormone injections were terminated early.

#### **CONCLUSIONS:**

The study regimen led to near-complete and reversible suppression of spermatogenesis. The contraceptive efficacy was relatively good compared with other reversible methods available for men. The frequencies of mild to moderate mood disorders were relatively high.

For any comments  
regarding this newsletter or  
suggestions for  
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## Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Professor Mohamed Al-Hajjaj**

### First Aid Essentials for Home, Car or Purse

#### Tweezers

Tweezers are an essential part of any first aid kit, particularly if you enjoy hiking or other outdoor activities. The safest way to remove a splinter or a tick is with a clean pair of tweezers. Disinfect the tweezers well before and after each use

#### Hydrocortisone Cream

For itchy bites, consider carrying two small packets of 1% hydrocortisone cream. This topical steroid provides quick relief from itching and reduces inflammation.

#### Hand Sanitizer and Gloves

If you or a friend gets injured on the go, the last thing you want to do is tend the wound with dirty hands. Alcohol-based gel or wipes can sanitize your hands when soap and water aren't readily available. Sanitize before, slip on a pair of latex or non-latex exam gloves, and sanitize again after treating the wound.

#### Pain Relievers

No first aid kit would be complete without medication to relieve pain and bring down a fever. Aspirin, acetaminophen, and ibuprofen are popular over-the-counter pain relievers. Aspirin should not be given to anyone under age 18 because of the danger of Reye's syndrome

#### Gauze and Tape

For cuts and scrapes, you can use gauze pads to apply pressure to small wounds until the bleeding subsides. When used with tape, gauze can also serve as a bandage to cover and protect wounds. Adhesive bandages of different sizes can also help protect minor cuts and scrapes.

#### Wipes or Solution for Cleaning a Wound

Before you bandage, you'll want to clean scrapes or wounds. Antiseptic wipes or sprays are handy for cleaning injuries when there's no clean water nearby. Sterile water or saline, such as contact lens saline solution, is good to have for flushing out eye injuries and can be used on other wounds. Available in small bottles, it can also be easy to pack.

#### Antibiotic Cream

An antibiotic cream or ointment has several key uses. It can help protect minor wounds from infection. It can keep the area moist, which may promote healing. And it can prevent the wound from getting stuck to a bandage.

#### Creating Your Kit

Once you've gathered the essentials for your mobile first aid kit, you'll need a way to keep them clean and dry. You don't have to buy a fancy medical bag. A water resistant makeup bag, tool kit, or fanny pack can work well.

