



**Editor: Hiba Jawdat Barqawi**

### Dean's message of the month

**I would like to wish the rulers, residents, students, staff and all people of the UAE a happy and prosperous 46<sup>th</sup> National Day.**

I am very pleased with the success of the Emirati-German conference that was held under the patronage of His Highness Sheikh Dr. Sultan Bin Mohammed Al Qassimi and I look forward to future collaborations between our University and the University of Lübeck. I would like to thank all of you for helping to make this conference a success and I look forward to future conferences.

Last month, many events took place at the College of Medicine. Our faculty were busy teaching, attending meetings, revising the curriculum and preparing for examinations. Many grants deadlines were met by an increasing number of applications from faculty and students. Our students kept busy, not only with studying, but also with activities outside their curriculum, in and outside the university. Some students attended scientific meetings and competitions. They have represented the university and college very well and won a number of prizes.

I would like to take the opportunity to wish our students the best of luck in their upcoming examinations. I would also like to thank the faculty and supporting staff for their efforts in preparing and conducting the exams.

**Professor Qutayba Hamid MD, PhD, FRCP, FRS**  
**Dean of the College of Medicine**

#### Inside this issue:

Dean's message	1
College News	2
CTC News	7
Viral News	10
Faculty Achievements	16
Student Corner	17
Sports Participation	25
Doctor's Orders	26

#### Faculty at World Diabetes Day



## College News

His Highness Dr. Sheikh Sultan Bin Mohamed Al Qasimi, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah (UoS), on Monday witnessed the launch of the 5th Emirati-German Congress in Medicine at UoS' Colleges of Medicine theatre.

The event opened with Prof. Hamid M.K. Al Naimiy, Chancellor of the University of Sharjah, delivering a speech in which he thanked Sheikh Sultan for his patronage and attendance at the conference. "The convening of the 5th Emirati-German Congress in Medicine in Sharjah in partnership with the University of Lübeck, B.G. Hamburg Hospital, Sharjah Health Authority, Sharjah Commerce and Tourism Development and Sharjah Media Corporation is a natural result of the position that the Emirate of Sharjah has secured in the medical and healthcare fields after being accredited by the World Health Organization as the first healthy city in the region for fulfilling all new health standards and stipulations related to healthy cities".



Prof. Hamid M.K. Al Naimiy commended the efforts of the Supreme Council for Family Affairs in Sharjah in the fields of family care, particularly childcare and healthcare through several development centers, under the guidance of Her Highness Sheikha Jawaher Bint Mohammed Al Qasimi, wife of His Highness Ruler of Sharjah. Prof. Hamid M.K. Al Naimiy pointed out that scholars and researchers in medical and health sciences from Germany and other countries of the world came to this year's conference to discuss such diseases as diabetes, asthma, cancer and others, as they are common diseases among community members, and which were paid full attention by Sheikh Sultan. "Our conference today will look into these diseases through two main axes. The first is the basic sciences and research program, and we will be having a discussion of the scientific research made on said diseases. The discussion will take place between UoS and UAE physicians and scientists on one hand, and physicians, scientists and experts from Germany on the other hand".



Prof. Hamid M.K. Al Naimiy added that the second axes will focus on the latest breakthroughs in the fields of clinical medicine and will discuss intestine cancer. In addition, a practical workshop on hand surgeries will be organized, as well as a workshop on dentistry and dental surgery, to benefit from Germany's experience in this field. Generally, the event will discuss and look into the latest world breakthroughs in metabolic diseases such as diabetes, immune system and autoimmune disorders, respiratory diseases such as allergies and asthma, and the recent developments in laparoscopy, orthopedics, and hand and upper-limbs surgeries.



"The University of Lübeck and the University of Sharjah have established firm and fruitful relations throughout the recent years. Our mutual interest in medical sciences and biosciences, particularly, in the field of metabolic disorders, cancer, the immune system and bioinformatics, has encouraged us to establish a distinguished and promising cooperation. We also launched a joint program for PhD students in UoS and University of Lübeck", said Professor Hendrik Lehnert, Chancellor of University of Lübeck. "I'm quite confident that this cooperation, which draws strength not only from mutual ideas and goals, but also from the close personal interaction between individuals and groups on both parties – which will ultimately drive our universities to a brighter future", he added.

"The relationship between the UAE, the Emirate of Sharjah specifically, and Northern Germany region has witnessed further convergence in the last decade, which was not limited to commercial relationships but also extended to the field of healthcare. In fact, Northern Germany is one of the top healthcare providers in the world, with over 100+ hospitals and more than 25,000 beds providing treatment to around 1 million inpatients per year, and catering job opportunities to 20,000 physicians and 250,000 people", said Prof. Christian Jürgens, Medical Director of B G Hamburg Hospital, in a comment on the relationship between Sharjah and Northern Germany region. "This gives an idea about the importance and influence of healthcare in Northern Germany. As a result for focusing on this sector, centers of excellence in healthcare and scientific inquiry were reinforced and developed, especially that the University of Lübeck and its hospital and B G Hamburg Hospital provide educational programs to foreign physicians and medical staff. They also have sufficient capabilities and experience to treat patients from other countries and cultures", he added.

Commenting on the 5th Emirati-German Congress in Medicine, Prof. Qutayba Hamid Al Heialy, Vice Chancellor for Medical Colleges and Health Sciences and Dean of College of Medicine, noted UoS' focus on diabetes, immunity system diseases, and cancer, especially gastric cancer. "Before 30 years, these diseases were rare. Today, and because of the shift in lifestyle, they are more common. Therefore, we have decided to dedicate a serious direction for fundamental research to the latest breakthroughs on these diseases in clinical medicine, in which lecturers from our partners in German and from UoS will participate and work together to transfer such knowledge to our interns and students", Prof. Qutayba Hamid Al Heialy stated. "We have added to the conference agenda workshops on hand surgery, which need delicate expertise, as we realize that perfecting these operations is essential to preserve the hand's function of any patient who suffered a job or traffic accident. This year, we added an integrated program for dental diseases and jaw surgery, benefiting from the exceptional dentists accompanying the German delegation"



The congress was attended by, H.E. Abdulla Ali Al Mahyan, Chairman of the Sharjah Health Authority, H.E. Khalid Jasim Al Midfa, Chairman, Sharjah Commerce and Tourism Development Authority, H.E. Mohammed Obaid Salem Al Zaabi, Director of the Sharjah Department of Protocol and Guesthouses, H.E. Mohammed Hassan Khalaf, Director-General of the Sharjah Media Corporation, and a number of UoS officials, members of the board of trustees, vice managers, members of the administrative and teaching bodies, and a large audience of physicians and students at the medical and health colleges.



## Our College in the News

### UNIVERSITY OF SHARJAH'S COLLEGES OF MEDICINE AND PHARMACY

15 November 2017

Coinciding with World Diabetes Day, Diabetes & Concomitant Diseases Research Group, Student Association of the College of Medicine, and Student Research & Development Group at the College of Medicine, supervised by Dr. Mohammad Al Bataineh, organized a diabetes awareness day. During the event, the blue convoy toured the colleges of medicine and health sciences complex at the University of Sharjah.

Attended the celebration, Prof. Qutayba Hamid Al Heialy, Vice Chancellor for Medical Colleges and Health Sciences and Dean of College of Medicine, Prof. Dr. Nabil Sulaiman, Coordinator - Diabetes & Concomitant Diseases Research Group and Superintendent of Diabetes Events at the Colleges of Medicine Complex, as well as heads of departments and members of the faculty and administrative board. The mobile clinic headed to several destination within the Emirate of Sharjah such as, Sharjah Cooperative Society - Al Qarain and Halwan Branches, Mega Mall, Al Qasba, and City Center Sharjah, to raise community awareness on diabetes, its rates and protection methods in the UAE. The mobile clinic included blood pressure and glucose testing, weight and height measurement, and examination with body elements analysis device.



The college of pharmacy organized several diabetes-awareness activities and events. Dr. Hany Omar, Vice Dean of the College of Pharmacy, in coordination with students of the scientific society of the college of pharmacy, inaugurated an exhibition for research posters prepared by students of the college of pharmacy on diabetes and its complications. Attended the opening ceremony, Dr. Abdulmula Rajab Abduekarem, Head of

Department of Pharmacy Practice and Pharmacotherapeutics at the College of Pharmacy, and Dr. Manal Al Sharawi, Head of the Scientific Committee at the College of Pharmacy. Several hospitals and medical centers in the UAE participated in the event to carry out medical examinations such as, blood pressure and glucose, cholesterol, vitamin D, osteoporosis, and sight testing and measurement. The event also included several student activities and competitions.



## الشارقة تحقق إنجازات في ميادين الخدمات والرعاية الطبية والصحية سلطان القاسمي يشهد انطلاق فعاليات المؤتمر الإماراتي الألماني الخامس في الطب

استعراض آخر المستجدات  
في الطب السريري  
وسرطانات الأمعاء

“

مراكز البحث في الرعاية الطبية والبحث العلمي لا تسبغها وأن جامعة لوبيك والمستشفى الجامعي في لوبيك وكذلك مركز هامبورغ لعلاج الصدمات تقدم برامج تعليمية لأطباء وطواقم طبي أجانب.. كما أن لديها إحصائيات والتدريب الخافي لعلاج برضى من دول وإقانات أخرى.

وحول المؤتمر الإماراتي الألماني الخامس في الطب أوضح الدكتور قتيبة حميد نائب مدير الجامعة لشؤون الكليات الطبية والعلوم الصحية وعيد كلية الطب أن الجامعة ركزت على أمراض السرطان والأمراض والأورام السرطانية خاصة سرطان الجهاز الهضمي وقال إن هذه الأمراض كانت تارة مسار للبحوث الأساسية ومسار لأحدث ما وصل إليه الطب السريري في هذه الأمراض في حلقات علمية يشترك فيها محاضرون من سركاكتنا من ألمانيا ومحاضرون من جامعة الشارقة وبذلك وفرنا فرصة لأطباءنا وباحثينا لمتابعة الخبرات والمعلومات مع



د

سلطان القاسمي خلال حضوره انطلاق فعاليات المؤتمر

### التعاون يستمد قوته من الأفكار والأهداف المشتركة والتفاعل الشخصي

وتمنح من الجانب الألماني. وأوضح أن المحور الثاني سيكون حول آخر المنامي والمناعة الناتجة وأمراض الجهاز التنفسي الحوية ألما تعاوناً متميزاً وواعداً وبادناً برنامجاً

بحث أمراض السكري  
والمناعة والسرطانات  
خاصة عند الأطفال

“

شهد صاحب السمو الدكتور سلطان بن محمد القاسمي عضو المجلس الأعلى حاكم الشارقة رئيس جامعة الشارقة صباح أمس انطلاق فعاليات المؤتمر الإماراتي الألماني الخامس في الطب الذي تستمر فعالياته على مدار ثلاثة أيام وذلك في مسرح كليات الطب بجامعة الشارقة.

بدأ المؤتمر الوطني وثلاثة أمات من الذكر الحكيم لم كلمة مدير جامعة الشارقة الدكتور حميد مجول النعيمي قدم فيها شكره وامتنانه لصاحب السمو رئيس جامعة الشارقة على تفضله برعاية وحضور المؤتمر وقال إن هذه المؤتمر الإماراتي الألماني الخامس للطب في الشارقة والذي يأتي بالشراكة مع جامعة لوبيك الألمانية ومستشفى ب-ج هامبورج. وهيئة الشارقة الصحية وهيئة الشارقة التجارية والسياحية بالشارقة ومؤسسة الشارقة للإعلام وهو محصلة طبيعية للتعاون التي بلغها إمارات الشارقة على اختلاف مدينتها ومناطقها المختلفة في ميادين الخدمات والرعاية الطبية والصحية المتقدمة والتي تحظى بالاعتماد من قبل منظمة

## أصدر مرسوماً بشأن وسام اليوبيل الذهبي لشرطة الإمارة حاكم الشارقة يشهد انطلاق المؤتمر «الإماراتي الألماني في الطب»



حاكم الشارقة في صورة جماعية مع المتحدثين ووعاء المؤتمر (من المصدر)

عليها إمارة الشارقة على اختلاف مدينتها ومناطقها المختلفة في ميادين الخدمات والرعاية الطبية والصحية المتقدمة جداً. والتي حظيت بالاعتماد من قبل منظمة الصحة العالمية كأول مدينة صحية في المنطقة. بعد أن استوفت جميع المعايير والاشتراطات الصحية الجديدة المتعلقة بالمنمن الصحية.

وهي كلمة للبروفيسور كريستيان جورجينز، المدير الطبي لمستشفى ب-ج هامبورغ ألمانيا، بين فيها عمق

### الشارقة (الاتحاد)

شهد صاحب السمو الدكتور سلطان بن محمد القاسمي، عضو المجلس الأعلى حاكم الشارقة، رئيس جامعة الشارقة، أمس، انطلاق فعاليات المؤتمر الإماراتي الألماني الخامس في الطب، والتي تستمر على مدار ثلاثة أيام. وذلك في مسرح كليات الطب بجامعة الشارقة. وكرم سموه المتحدثين ووعاء المؤتمر، وتسلم درعاً تذكارية من

المتحدة، وأكمل الإقامة مع قسم الطب الباطني في جامعة كولومبيا البريطانية والزمالات مع قسم الحسابية والمناعة وقسم الأمراض التنفسية عند الكبار في جامعة تورونتو. يعمل محبوب في المجلة الدورية (Annals of Thoracic Medicine) بتمنيص محرر مشارك، كما أنه زميل باحث مشارك في مركز أبحاث ماكينيس التنفسي جامعة ماكجيل في كندا، علاوة على نشر وتحرير العديد من الأبحاث.

كلية الطب.

حاز إجازة في الطب والجراحة من جامعة الإمارات العربية المتحدة في مدينة العين، ثم أتبعها بشهادات عدة في المجال، منها البورد الأمريكي لطب الباطني، وشهادة من الكلية الملكية للحساسية والمناعة السريرية، والبورد الأمريكي للحساسية والمناعة السريرية. أضاف إلى رصيده الأكاديمي درجة الماجستير في إدارة الأعمال من جامعة ولفر هامبتون في المملكة

رضا البواردي، أبو ظبي

تراكمت خبراته الطبية عبر سنوات عديدة، وتوعدت لتشمل القصبات واضطرابات النوم والحساسية والعلاج المناعي والربو الشديد، إضافة إلى مهاراته الإدارية.. إنه استشاري الأمراض التنفسية ورئيس جمعية الإمارات للحساسية والجهاز التنفسي الدكتور بسام محبوب. يراس قسم أمراض الرئة في مستشفى راشد، ويشغل منصب مساعد عميد كلية الطب في جامعة الشارقة، إلى جانب التدريس في الجامعة نفسها أستاذ مساعد في

وجه

بسام محبوب ..  
وقاية الجهاز  
التنفسي



بسام محبوب

الإبرار انشطة الطلبة الإبداعية

## جامعة الشارقة تنظم يوماً مفتوحاً تحت شعار "صحتنا مسؤوليتنا"

الأحد 26، نوفمبر 2017 في 11:41 ص



شرك

بفرا التعليقات [0]

تحت شعار "صحتنا مسؤوليتنا"، افتتح الأستاذ الدكتور قتيبة حميد نائب مدير جامعة الشارقة لشؤون الكليات الطبية والعلوم الصحية وعميد كلية الطب، اليوم المفتوح، والذي نظمه قسم إدارة الخدمات الصحية بكلية العلوم الصحية في جامعة الشارقة

الشارقة 24:

لأستاذ الدكتور قتيبة حميد نائب مدير جامعة الشارقة لشؤون الكليات الطبية والعلوم الصحية وعميد كلية الطب، لفتوح تحت شعار "صحتنا مسؤوليتنا"، والذي نظمه قسم إدارة الخدمات الصحية بكلية العلوم الصحية في جامعة الشارقة، بهدف خلق فرصة للطلبة لتبادل أفكارهم وإبراز أنشطتهم الإبداعية بين الأقسام في الكلية.

به إدارة الخدمات الصحية من خلال مساق إدارة المستشفيات شرح حول كيفية إدارة المخاطر المتنوع حصولها في غيات، وكيفية إدارة المواد الطبية واستيرادها واستعمالها وصيانتها، كما قام قسم التمريض بعمل فحص متزول والسكر، وعرض قسم التصوير التشخيصي الطبي بعض الألعاب الترفيهية التي تساعد الطلبة على عد أقسام الأشعة ماحاء العظام، الجسم، إل. جانب ذلك قام قسم الصحة السننة بش- المخاطر السننة الد.

**Link to Emirati-German Conference Interview:**

<https://www.youtube.com/watch?v=jKjU6ovj-c>



## CTC News

### 3<sup>rd</sup> Hands-on Wet Labs MIS Neonatal and Pediatric Surgery Workshop

By: Lou Ann Tesado

University of Sharjah Clinical & Surgical Training Center in collaboration with UAE Pediatric Surgery Society and Gulf Pediatric Endoscopic Uro-Surgical Group is dedicated to the advancement of training in Pediatric Minimally Invasive Surgery to ensure the safe performance of such operations. The 3<sup>rd</sup> Hands-on Wet Labs MIS Neonatal and Pediatric Surgery Workshop was held on the 2<sup>nd</sup> to 3<sup>rd</sup> November 2017 for this main reason.

This highly specialized hands-on workshop provided the 10 participants from UAE and Arab Gulf countries a theoretical update in the most recent development in Neonatal and Pediatric Surgery, simultaneously in Experimental session using live animals with hospital set-up in the UOS-CSTC Wet Lab which is complete with state of the art laparoscopic system from Karl Storz which displayed global standards.

This course was made possible through the joint efforts of the course chairman Dr. Adel Al Junaibi, Consultant Paediatric Surgeon & Paediatric Urologist; Laparoscopic, Neonatal & Paediatric Surgeon, Sheikh Khalifa Medical City, Abu Dhabi, UAE and Dr. Khalid Khalfan, Adjunct Associate Professor, UOS Consultant Laparoscopic & Pediatric Surgeon, Al-Qassimi Hospital, Sharjah, UAE. Also with the support of our partners Karl Storz Endoskope and Covidien who provided the specialized instruments and equipment's.

The Vice Chancellor of College of Medicine and Health Sciences, Prof. Qutayba Hamid and the Director of the Clinical & Surgical Training Center, Prof. Nabil Sulaiman were delighted with this collaboration its mission to foster and expand the network of health care professionals in education, research, development and clinical investigation to achieve more effective patient care and higher level of patient's safety worldwide.



## CORE SKILLS IN TRAUMA RESUSCITATION WORKSHOP FOR PATROL MEDICS

By: **Lou Ann Tesado**

On the 5<sup>th</sup> and 6<sup>th</sup> November 2017, the University of Sharjah Clinical and Surgical Training Center in partnership with Prometheus Medical MENA conducted a very specialized workshop entitled “Core Skills In Trauma Resuscitation Workshop For Patrol Medics.”

This workshop is a combination of Cadaveric and Animal workshop to enhance the core skills of patrol medics in Trauma Resuscitation. Dr. Mamoun Abu-Habsa, a highly skilled Consultant in Emergency Medicine, Critical Care and Trauma shared directed the day workshop for the select Emirati participants who are working as patrol medics.



## Endo-Laparoscopic Hybrid Endoscopy Workshop

By: **Lou Ann Tesado**

The first of its kind and will soon be the trend in surgery, the Clinical and Surgical Training Center (CSTC) conducted the “Endo-Laparoscopic Hybrid Endoscopy Workshop” which is a combination of endoscopic and laparoscopic surgery last 11th and 12th November 2017 with the kind support of Karl Storz Endoskope.

Participants from the Gulf, Middle East and Africa got theoretical updates on the most recent development in Hybrid Endoscopy and Laparoscopy process together and extensive experimental session( Hands-on session) using animal Organ model/ Live animal for each surgical procedure step by step.

The workshop was headed by Dr. med. Moustafa Elshafei, MD. He is a Consultant General and Gastroenterology Surgeon at Universitätsklinikum Erlangen in Germany. He shared his expertise and experience to this course on this very advanced course.



## Viral News

# FDA approves digital pill that tracks when patients take it

Submitted by: **Dr. Eman Abu Gharbieh**

The U.S. Food and Drug Administration today approved the first drug in the U.S. with a digital ingestion tracking system. Abilify MyCite (aripiprazole tablets with sensor) has an ingestible sensor embedded in the pill that records that the medication was taken. The product is approved for the treatment of schizophrenia, acute treatment of manic and mixed episodes associated with bipolar I disorder and for use as an add-on treatment for depression in adults. The system works by sending a message from the pill's sensor to a wearable patch. The patch transmits the information to a mobile application so that patients can track the ingestion of the medication on their smart phone. Patients can also permit their caregivers and physician to access the information through a web-based portal. It is important to note that Abilify MyCite's prescribing information (labeling) notes that the ability of the product to improve patient compliance with their treatment regimen has not been shown. Abilify MyCite should not be used to track drug ingestion in "real-time" or during an emergency because detection may be delayed or may not occur.

Abilify MyCite contains a Boxed Warning alerting health care professionals that elderly patients with dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death. Abilify MyCite is not approved to treat patients with dementia-related psychosis. The Boxed Warning also warns about an increased risk of suicidal thinking and behavior in children, adolescents and young adults taking antidepressants. The safety and effectiveness of Abilify MyCite have not been established in pediatric patients. Patients should be monitored for worsening and emergence of suicidal thoughts and behaviors. Abilify MyCite must be dispensed with a patient Medication Guide that describes important information about the drug's uses and risks. In the clinical trials for Abilify, the most common side effects reported by adults taking Abilify were nausea, vomiting, constipation, headache, dizziness, uncontrollable limb and body movements (akathisia), anxiety, insomnia, and restlessness. Skin irritation at the site of the MyCite patch placement may occur in some patients. Prior to initial patient use of the product, the patient's health care professional should facilitate use of the drug, patch and app to ensure the patient is capable and willing to use the system.

Abilify was first approved by the FDA in 2002 to treat schizophrenia. The ingestible sensor used in Abilify MyCite was first permitted for marketing by the FDA in 2012. The FDA granted the approval of Abilify MyCite to Otsuka Pharmaceutical Co., Ltd. The sensor technology and patch are made by Proteus Digital Health.

*Source: FDA*

## Muscle stem cells could slow onset of vascular complications of DM

Submitted by: **Dr. Sarra Shorbagi**

A new study has found that the injection of stem cells, extracted from muscle, can promote the repair of vascular damage in mice. The findings potentially have broad implications for understanding and treating diabetes-related conditions affecting peripheral nerves and blood vessels, like peripheral neuropathies.

In an experiment, researchers at the University of Illinois used mesenchymal stem cells (MSCs) from the muscles of young mice to try and regrow injured vasculature in mice having a condition (ischemia) associated with peripheral arterial disease (PAD). Peripheral arterial disease (PAD) is characterised by a build-up of fatty deposits (atheroma) in the arteries, which restricts the blood supply to leg muscles. MSCs play a role in injury healing and tissue regeneration in muscle and other tissues. MSCs promote healing by creating new vessels in the tissue that compensate for restricted blood flow in the vasculature, which is a feature of vascular complications.

The mice treated with MSCs had surgically-induced ischemia in their limb, which is a restriction in blood supply to tissues. Ischemia is generally caused by problems with blood vessel formation and elevates the risk of artery disease. After injecting MSCs in mice with ischemia, researchers found that processes involved in growing new blood vessels improved. The mice regrew blood vessels and this enhanced blood flow in affected tissues, and limb function. One week after MSC treatment, it was estimated that regrowth activities and blood flow increased by approximately 80 per cent and 42 per cent, respectively. There was also an almost two-fold increase in muscle strength. The stem cells increased the expression of genes involved in repair processes, while decreasing the activity of other genes that halt them. The MSCs also decreased the expression of genes involved in the inflammatory response. These changes in gene expression led to the release of growth factors known to help reduce inflammation and increase circulation.

The research team is trying to isolate these factors, released in presence of MSCs, to develop new drug treatments. Researchers also plan to perform further analyses on animals treated with MSCs to determine how long the stem cells stay active after injection, and what kind of immune response they may trigger. For now, the findings suggest that the ability of MSCs to trigger vessel regrowth could inform therapies for the management of diabetes-related circulation problems. The results of this study were published in the journal *Theranostics*; in the following link <http://www.thno.org/v07p3876.html>

*Source : Diabetes.co.uk*

## Why Is This Bacterium Hiding in Human Tumors?

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

A mysterious bacterium found in up to half of all colon tumors also travels with the cancer as it spreads, researchers reported. Whether the bacterium, called *Fusobacterium nucleatum*, actually plays a role in causing or spurring the growth of cancer is not known. But the new study, published in the journal *Science*, also shows that an antibiotic that squelches this organism slows the growth of cancer cells in mice. Scientists are increasingly suspicious that there may be a link: another type of bacteria has been discovered in pancreatic cancer cells. In both types of cancer, most tumours host bacteria; however, only a small proportion of the cells in any single tumour are infected.

The colon cancer story began in 2011, when two researchers independently reported finding *Fusobacteria*, which normally inhabit the mouth, in human colon cancers. That instigated a rush to confirm. Researchers around the world reported finding *Fusobacteria* in colon cancers, but their work only raised more questions. The new paper provides some answers. The group looked at human colon cancers that had spread to the liver. The liver tumours were surgically removed and examined as long as two years after the patient's initial colon cancer surgery. The tumours that had been infected with *Fusobacteria* in the colon continued to be infected even after spreading to the liver. Liver cancer cells containing the bacteria did not appear to be newly infected. Colon tumours that did not originally have the bacteria did not have them after spreading to the liver. The researchers also looked for the bacteria in cancers that arose first in the liver, not in the colon. They found none. "By far the most likely explanation is that the cancer metastasizes to the liver and carries this microbiome with it. The bacteria are not there by chance. It's kind of amazing that the bacteria are such an integral part of the cancer." Dr. Meyerson and his colleagues also transplanted human colon cancers into mice. The cancers grew. The scientists plucked out pieces of the tumours and transplanted them to other mice, where once again they grew. The researchers did this repeatedly, moving the cancers through four generations of mice. The *Fusobacteria* remained with the cancers.

Yet when they treated the mice with an antibiotic — metronidazole — that kills *Fusobacteria*, the tumours grew much more slowly. As a control, the researchers treated some mice with erythromycin, an antibiotic that *Fusobacteria* resist. Tumour growth was unaffected. So should colon cancer patients whose tumours contain *Fusobacteria* take metronidazole? Should scientists be racing to develop a vaccine against *Fusobacteria* to prevent colon cancer? Not so fast, according to a researcher who is studying the bacterium's role in colon cancer. The problem with antibiotics is that they kill lots of bacteria, not just *Fusobacteria*. The other species may be important, and may even slow the progression of colon cancer. "We don't know enough yet to be able to predict the effects of a given antibiotic, and since everyone has a different gut microbiota, such a therapy will likely be hit and miss". Another problem is that patients would have to take the antibiotic indefinitely, because *Fusobacteria* are constantly being reintroduced into the mouth. If a person stopped antibiotic treatment, the bacteria could once again get into their tumour cells. As for a vaccine, not all strains of *Fusobacteria* are linked to cancer. "Of the few strains that are, there is no clear consensus on why they are behaving pathogenically and so there is no clear target for a vaccine strategy." A suggestion is that instead of directly causing cancer, *Fusobacteria* might be altering patients' immune response — and perhaps their response to treatments that use the immune system to destroy cancers. Alternately, perhaps the bacteria are acting more directly by secreting chemicals that spur growth in nearby cancer cells. "It is not unreasonable to say *Fusobacterium* is promoting or contributing to colon cancer".

Are *Fusobacteria* guilty of causing cancer? If this were a criminal case, where the jury had to be convinced beyond a reasonable doubt, Dr. Meyerson said he would have to acquit. But if it were a civil case, judged on the preponderance of the evidence, his vote would be different: *Fusobacteria* are guilty.

Source: *NY Times*

## Third International Conference on Waterpipe Smoking Research

Written by: **Dr. Basema Saddik**

I had the pleasure of attending the Third International Conference on Waterpipe Smoking Research which was held 10-11<sup>th</sup> November at the American University of Beirut in collaboration with the Syrian Centre for Smoking Research and supported by the National Institute for Drug abuse in the United States.



The conference brought together international experts and renowned researchers working on tobacco control, waterpipe smoking, and public health advocacy such as the likes of Professor Simon Chapman a keen tobacco control activist from Australia, Dr. Tibor Szilagyi the WHO Framework on Tobacco Control Secretariat, Dr. Martin McKee also known as the “Champion of Public Health” from London and Dr. Yusuf Saloojee, Executive Director, National Council Against Smoking from South Africa to name a few. Following two days of presentations and discussion panels a ceremony was organized to launch the WHO Knowledge Hub for Waterpipe Research to address the growing concern about the increasing prevalence and potential health effects of waterpipe tobacco smoking.

Tobacco smoking and the use of tobacco alternative products is a global epidemic which not only has health and economical effects, but by far is the biggest cause of preventable death worldwide. The prevalence of waterpipe smoking as well as the use of dokha in the region is alarming and whilst tobacco smoking is declining in the rest of the world, global statistics show that the prevalence of smoking is increasing in the Eastern Mediterranean Region mainly in the form of waterpipe smoking and other tobacco products especially amongst youth.

Waterpipe smoking among youth is often carried out as a “fun” social activity and experimentation of poly-substances and different flavors eventually ends up becoming addictive lifelong and very dangerous habits. The challenge is to educate the public about the dangers of smoking backed by scientific evidence and to dispel misconceptions about the safety of waterpipe and other forms of tobacco smoking.

The conference was a great avenue to witness the valuable contributions researchers have made in terms of waterpipe use, addictiveness and toxicology of waterpipe tobacco products and recommendations on policies and regulations around the world. We need to work hard into building evidence around waterpipe use in the Emirates especially amongst youth and bridge the gaps in our knowledge around the behavioral and social contexts around smoking all forms of tobacco products. Only through evidenced based research can we help inform and strengthen proper policies and legislations around the use and selling of waterpipe and other tobacco products in addition to forming and strengthening international collaborations and partnerships.

## Case of the day (*a case told by a registered nurse*)

Submitted by: **Dr. Azma Abdul Malek**

We need to be careful to distinguish between stubborn opposition or bravado and well-intentioned but ineffective cooperation. I have to relate a true story.

A newly diabetic lady seemed to understand her insulin instructions quite well, and had demonstrated to the hospital nurse that she could draw up the correct amount and proficiently inject it into an orange for practice, as was the learning method at the time.

When I saw her at home a few days after discharge, she was running high blood glucose and not feeling well at all. I asked her to show me her insulin injection technique. She proudly drew up the insulin and made a perfect subcutaneous injection into an orange.

*Source: Medscape*

### Take the 'Omics challenge (next page)→

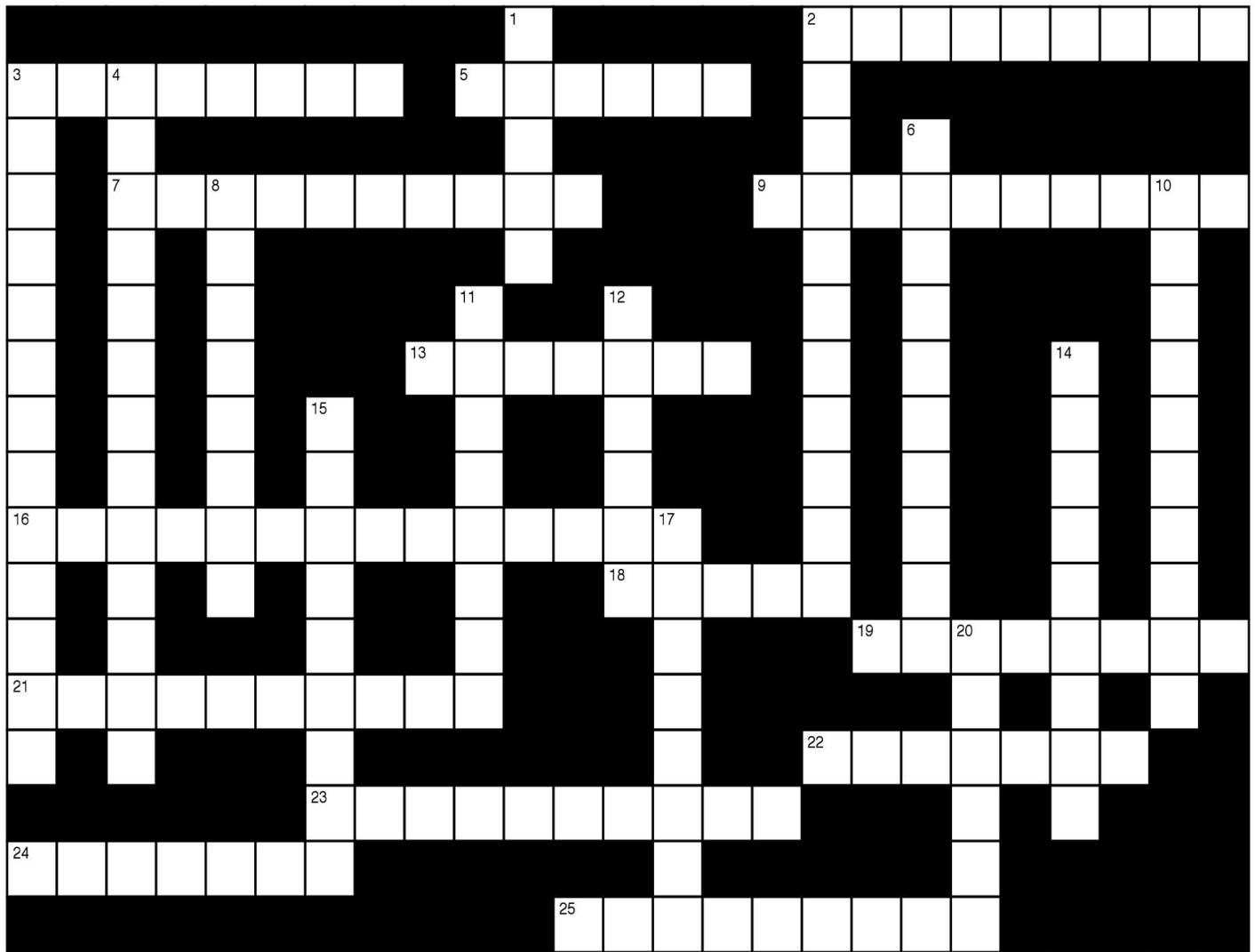
Submitted by: **Dr. Jibran Sualeh Muhammad**

'Omics bashing is in fashion. The New York Times, The Wall Street Journal have run pieces poking fun at the proliferation of scientific words ending in -ome, which now number in the thousands. One scientist has created a bad-omics generator, which randomly adds the suffix to a list of biological terms and generates possible titles for scientific papers (example: 'Sequencing the bacteriostaticome reveals insights into evolution and the environment'). Jonathan Eisen, a microbiologist at the University of California, Davis, regularly announces awards for unnecessary additions to the scientific vocabulary on his blog (recent winner: CircadiOmics, for genes involved in daily circadian rhythms). The proliferation of words simply reflects the pace of the science. The rapid spread of the -ome and -omics suffixes is recapitulating in a decade what normally takes a half century. It speaks to the intense interest and funding in the field.

*(Credits: Nature 494, 416–419, 2013)*

---

# CROSSWORD



## ACROSS

2. The 'ome joining the rest together.
3. All the data generated by clinical trials.
5. All the protein kinases encoded in a genome.
7. A map of the brain's neurons and neural connections.
9. All of the metabolites in an organism.
13. The interaction network for approved drugs and targets.
16. The genome's influence on a patient's response to drugs.
18. The part of the genome that codes for proteins.
19. All the regulatory components in a cell.
21. The structures and functions of all membranes in an organism.
22. The phenotypic variability of an organism.
23. Genetic material recovered from uncultured microorganisms in environmental samples.
24. A database of basic nuclear proteins.
25. The totality of human speech components.
8. The part of the genome involved in regulating nutrient metabolism.
10. All the nucleic acids, lipids, proteins, sugars and other molecules in a system.
11. All the proteins expressed at a certain time by a certain genome.
12. All the cellular processes involved in toxicity.
14. The metals and metal-containing molecules in a cell or a tissue.
15. All the processes relating to force and mechanical systems in a cell.
17. A measure of everything an individual is exposed to in a lifetime.
20. Where the trouble began (*Nature passim*).

## DOWN

1. All life is there.
2. The entirety of molecular interactions in a cell.
3. All the transcribed RNA of a cell or tissue.
4. Isaac Kohane's phrase for chance findings in the genome.
6. All the nascent polypeptide chains in a cell.

## Faculty & Staff Achievements, Awards and Special Recognition

### Publications:

- **Prof. Sanjay Kumar Sood** recently had the following paper published: *Ashlesh Patil, Sanjay Kumar Sood, Kanwal Preet Kochhar, Vinay Goyal. Deep brain stimulation of subthalamic nucleus helps in improving late phase motor planning in Parkinson's disease. Clinical Neurology and Neurosurgery. 2017; 160:30–37.*
- **Dr. Basema Saddik** recently had her work published: *AlMuallem Y, AlDogether M, Househ M, Saddik B (2017) Auditing The Completeness and Legibility of Computerized Radiological Request Forms. Journal of Medical Systems. Vol. 41 (12) pp. 199-207.*

### Conferences, Seminars, Talks and Special Mentions:

- **Dr. Jibran Sualeh Muhammad** was recently invited for an oral presentation on the topic of “*Epigenetic modulation in Helicobacter pylori associated gastric cancer*” at the 25<sup>th</sup> United European Gastroenterology Week, held in Barcelona, Spain from 28<sup>th</sup> October- 1<sup>st</sup> November 2017. Also, in this meeting Dr. Jibran was presented with a “**National Scholar Award**” from the United European Gastroenterology Scientific Committee. This award is based nationality wise, and every year, only one scientist from each country is presented with this award based on their research contribution to the field.



- **Dr. Eman Abu Gharbieh** was a speaker at JUMP-Pharmacist Academy, Julphar Updates on Modern Pharmacy held in Dubai on the 17<sup>th</sup> November 2017.



## Student Corner

Student representatives for the college committees for the academic year 2017-2018 have been announced:

College Council	
Sariya Farrouk Adra	Year 2
Meena Alhadithi	Year 5
Curriculum Committee	
Mohammed Elkhazendar	Year 2
Shahad Abusaeed	Year 5
Research Committee	
Ahmed Ashraf	Year 3
Omar Midani	Year 5
Student Affairs	
Fadi Alsayegh	Year 2
Zaineh M Saffarini	Year 4
Assessment Committee	
Farah Soukieh	Year 3
Ranya M. Al-Jumaily	Year 4
Student Advising Committee	
Yousef Alabrach	Year 2
Mai Khouly	Year 4
Medical Education Committee	
Ayesha Al Khouri	Year 3
Mohammed Bakri Hammami	Year 4

# Introducing EMCS

Submitted by: **Mariam Al Zaabi**

The Emirates Medical Colleges Society took its first breath at the beginning of the academic year of 2017- 2018. It all started as a blurry image painted by two Year 3 students from the College of Medicine. Their aim was to bring students from the Colleges of Medicine, Dentistry, Pharmacy, and Health Sciences under one shelter; to better their involvement in the Medical Campus and to improve their academic and social lives and skills. This was executed with a team of dedicated students from all the medical and health sciences colleges, coming from varying academic years under the supervision of the founding members Mohamed Al Hendassi (President) and Abdulrahman Al Tamimi (Vice President). With that, they were able to outline the three different committees the EMCS was to present; with the focus on extracurricular activities, the EMCS gave birth to both the 'Brain' and the 'Muscle' committees, and also developed an 'Academics' committee.

The 'Brain' committee, headed by Yazan Wardeh (Year 3), would be generally specialized in coming up with creative ideas, plans, and events for the society. Meanwhile, the 'Muscle' committee, headed by Osama Amira (Year 3), would integrate these ideas and plans into a vision of reality. On the other side of the spectrum, Shahad Abasaeed (Year 5) took charge of the 'Academics' committee which is involved in a broad horizon of academic improvements, such as arranging tutoring sessions, and creating research and advising programs.

Although young, the Emirates Medical Colleges Society will surely take giant steps into a broad land of perpetual possibility and opportunity.

## **EMCS BOARD:**

President: **Mohammed Al Hendasi**

Vice President: **Abdulrahman Al Tamimi**

Secretary: **Mariam Al Zaabi**

Treasurer: **Sara Abdulmajeed**

'The Brain': **Yazan Wardeh**

'The Academics': **Shahad Abasaeed**

'The Muscle': **Osama Amira**

---

# EMCS Opening Ceremony

Submitted by: **Mariam Al Zaabi**

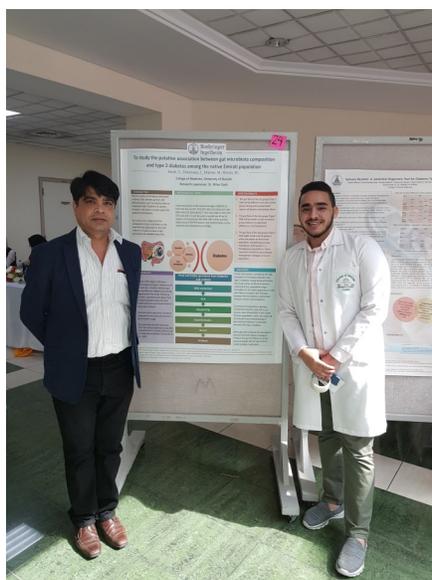
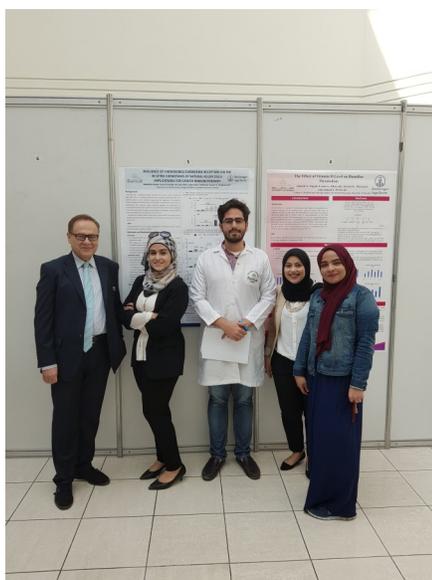
The EMCS conducted its first event on Tuesday 24<sup>th</sup> of October in M27-029, where students were presented with an introduction on the goals, mission, and vision of the society, a short speech from a fellow alumnus, integrated games, and a debate. The main purpose of conducting the Opening Ceremony event was to officially introduce ourselves as a society of the broad spectrum; with members from Medicine, Dentistry, Pharmacy, and Health Sciences departments.

We commenced the event with an official introduction by our Vice President, Abdulrahman Al Tamimi, who retold how and why we started this society. From that note on, we proceeded with a speech by our President, Mohamed Al Hendassi. We then left the audience with our speaker Omar Al Hashimi, an alumnus from the College of Dentistry, who gave the audience a few words of encouragement that we hope left an impact on them. This was followed by some games such as charades and 5 second rule. Finally, there was an interesting debate on the controversial topic of euthanasia.



## BI Student Workshop

Students from the College of Medicine participated in the BI workshop in the form of oral and poster presentations. The winner of the poster presentation category was the following students: **Majd Al Deen Alhuarrat, Mohamed Adel Sabri, and Sadeq Ahmed Sadeq**. They were supervised by **Dr. Mohamed El Adl** and **Dr. Hayat AlJaibeji**. The title of the poster was: 'Effect of Troglitazone (TZ) and N-Acetyl Cysteine (NAC) Treatment on Beta Cells' Survival, and Insulin Production Under 24hrs and 72hrs Hyperglycaemic Conditions'.



## Student Conference Participation

Students from the College of Medicine attended and participated at the *Emirates Oncology Conference* on the 17<sup>th</sup> November 2017 in the form of a poster presentation.

The Year 4 students involved in this project were: **Lutfi Kawaf, Amena Abbara, Eman Yaghmour, Alaa Mehair** and were supervised by **Dr. Eman Abu Gharbieh**.

The title of their project is: In-vitro antitumour and apoptotic activities of *Micromeria Fruticosa* on MCF-7 human breast cancer cell line.



## Debate of Medical Schools of the UAE

By: **Mohammed Shieb**

On November 11<sup>th</sup> 2017, the team of college of medicine secured the First Position Award as the best debating team at the level of UAE in the intercollegiate debate organized by Dubai Medical College Student Union. The team was made of: **Mohammed Shieb, Tala Tiliawi, Suhaib Haj Ali** and **Rami Karkout**, who would like to thank **Dr. Sara Shorbagi** who accompanied them as one of the judges in the competition.

This year the participating universities were: University of Sharjah, Dubai Medical College, RAK Medical & Health Sciences College, Gulf Medical University and Mohammad Bin Rashid University. It is worth pointing out that this win marks the fourth in a row for University of Sharjah – College of Medicine at the level of UAE.



# Emirates Environmental Group Public Speaking Competition

By: Tala Tillawi

We are a group of clinical years students who have participated in the 17<sup>th</sup> Intercollege Environmental Public Speaking Competition that included around 60 universities from Arab countries. The competition included 4 categories of environmental topics to be presented in a creative way. The topic we participated in was “Quality Education: roadmap to sustainable development”. This year’s presentation was unique in the sense of presenting it in Arabic, and discussing the topic from a larger scope, that successful education and development is by parental influence at home, the system of schools and the awards for continuous motivation. Due to our collaborative hard work for long hours and experience in public speaking we were able to win the first place in our Category as well as the First Runner Up over the other 4 categories. We were more than proud of presenting United Arab Emirates and University of Sharjah in this well-known competition at the level of Arab countries.

We would like to thank Prof. Qutayba Hamid for his continuous support for his students to succeed academically and extra circularly. Special thanks to Dr. Mohammad Al Bataineh and Dr. Hiba Barqawi for their efforts and motivation in facilitating and mentoring our activities.

**Participants: Mohammed Shieb, Rami Karkout, Tala Tillawi, Omar Midani, Rawan Majdalawi**  
under the supervision of Dr. Mohammad Al Bataineh



# Emirates Environmental Group Public Speaking Competition

Also participating in the 17<sup>th</sup> Intercollege Environmental Public Speaking Competition on the 28<sup>th</sup> November 2017 are the Pre-Clinical Group who chose the topic: 'The Future of Power'.

The students in this group were: **Fatima Taha, Abdullah Malek, Amnah Al-Ani, Yazan Wardeh and Mohammad Bakri**, under the supervision of Hiba Barqawi. They were awarded the second runner up position in this competition.

All three groups from the University of Sharjah came in top 3 in their respective category. Congratulations to all participants on such a remarkable achievement!



## Sports Participation

### Intercollege Swimming Competition

By: Tala Tillawi

In the 46<sup>th</sup> National Day Intercollegiate Swimming Competition held on the 5<sup>th</sup> of December 2017. The competition included relay and individual race. The College of Medicine represented by **Tala Tillawi**, **Dalia Ra'a Ahmed** and **Maryam Jamal Karaman** won the third place. In addition to Tala winning the bronze medal on individual 50 meter breast stroke.



### Faculty Peer Pressure



For any comments  
regarding this newsletter or  
suggestions for  
improvement please  
contact the Editor  
**Hiba Jawdat Barqawi**  
on [hbarqawi@sharjah.ac.ae](mailto:hbarqawi@sharjah.ac.ae)  
Ext: 7268

### Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Dr. Youssef Rishmawy**

## Outdoors Activity and Sunlight May Protect Against Myopia

Myopia, or nearsightedness, is a common vision problem. Evidence is starting to show that sunlight has special properties beneficial to vision health. Specifically, exposure to sunshine reduces the risk of developing nearsightedness at all ages. The quality of artificial light and nutrition also play roles. The world's most natural remedy is sunlight!

### What Causes Myopia?

Did you ever hear that excessive close-up work, like reading, causes shortsightedness? This is not necessarily true. Research doesn't necessarily find a relationship between myopia and the amount of close-up work. Schoolchildren in parts of Asia have an increasingly grueling study schedule. Myopia rates among students have skyrocketed to 90% in some countries. Lack of exposure to sunlight appears to be a cause. Several studies found that time spent outdoors had the strongest link to myopia, especially in families where the parents also had myopia. More time outside meant less myopia.



### Sun Exposure: Moderation is Key

We are told to avoid the dangerous rays of the sun. Sunburns, skin cancer, and cataracts are common fears as one ages. Excessive exposure to sunlight causes eye damage. UVA and UVB radiation from sunlight is a suspect as a cause or contributor to onset of cataracts and macular degeneration. Good sunglasses are important for protecting the eyes outdoors. However, you should spend a little time outdoors without sunglasses, as a moderate amount of direct sunlight is essential for healthy eyes. But... your body is pre-programmed to need bright light. The brain uses sunlight as a cue for regulating hormones, sleep cycles, temperature, thirst, hunger, and blood pressure. Sun exposure is also the major source of Vitamin D, which is essential for the eye and overall health. However, a study found that Vitamin D deficiency was not associated with myopia.

### Take Home Messages

Although not all causes of myopia are fully understood, all-natural sunlight appears to reduce myopia rates in children. Spending almost all time indoors is damaging to the physiology in a person of any age. Sensible exposure to sunlight is important for good health, so make it a habit!