



NEWSLETTER

| | | | | | | | |
|---|---|---|---|--|--|---|--|
|  COLLEGE NEWS |  STUDENTS' CORNER |  STUDENT ASSOCIATIONS |  MEDICAL MISHAPS |  RECOMMENDATIONS |  DOCTOR'S ORDERS | | |
| EDITOR-IN-CHIEF | | FIRST EDITOR | | CREATIVE DIRECTOR | | EDITORIAL TEAM | |
| HIBA JAWDAT BARQAWI | | SARYIA FAROUK ADRA | | MENNA TOLLAH AL-EMAM | | KAMEL SAMARA DUA'A ALNUSAIRAT JUMANA MUSTAFA DRISHTI KAMPANI ABDULLAH MALEK | |

DEAN'S MESSAGE OF THE MONTH



I would like to wish the rulers, residents, students, staff and all the people of the UAE a happy and prosperous 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, Member of the Supreme Council, Ruler of Sharjah, and President of the University of Sharjah, and I would like to thank all those who helped to make this conference a success. I look forward to future conferences and collaborations between us and

other universities. On this note, we recently had a visit from McGill University in Canada to discuss further collaboration with them.

Many events took place at the College of Medicine over the last month. Our faculty were busy teaching, attending meetings, and preparing for examinations. Our students kept busy, not only with studying, but also with activities outside their curriculum, both 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 and thank the faculty and supporting staff for their efforts in preparing and conducting the exams.



COLLEGE NEWS

7th Emirati German Congress in Medicine and Dentistry

On the 3rd November 2019, His Highness Sheikh Dr. Sultan bin Mohammed Al Qasimi, Member of the Supreme Council, Ruler of Sharjah, and President of the University of Sharjah, attended the launch of the 7th Emirati-German Congress in Medicine and Dentistry at the university's Medical Campus. The attendees included Prof. Hamid M.K. Al Naimiy, Chancellor of the University of Sharjah, Prof. Qutayba Hamid Al Heialy, Vice Chancellor of the Medical Colleges and Health Sciences and Dean of College of Medicine, and Prof. Gabriele Gillessen-Kaesbach, President of the University of Lübeck in Germany.



The Congress was organized by the University of Sharjah in partnership with German universities and hospitals, Sharjah Health Authority, Sharjah Commerce and Tourism Development Authority and Sharjah Broadcasting Authority. It addressed rising issues in the medical and health fields and the latest practices, techniques, devices and advanced methods in medicine and dentistry. It also focused on the most important diseases facing the UAE community by discussing research

done in those fields among researchers from the University of Sharjah and the German Universities.

The Congress included lectures and workshops on topics from both basic and clinical sciences, including cancers, infectious diseases, immunology, cardiology, laparoscopic surgery, orthopedics and neurosurgery. Moreover, fifty medical and dental graduate students participated by presenting their scientific research.



McGill Visit

On the 12th November 2019, the University of Sharjah held its first meeting with delegates from McGill University. The meeting was headed by Prof. Qutayba Hamid, who introduced the delegation and led the meetings. A Memorandum of Understanding (MOU) was signed to explore mutually beneficial educational opportunities for students and faculty.

The Canadian delegation met up with faculty from both the College of Medicine and Dentistry to discuss opportunities for



collaboration. They also held a meeting with students interested in pursuing higher education in McGill university as residents, fellows, or for postgraduate studies. The Canadian delegation also discussed opportunities for undergraduate students who are interested in joining an elective program in Canada.

We hope to see more successful collaboration between the University of Sharjah and other internationally acclaimed institutions, which would provide learning opportunities for students and faculty alike and foster the next generation of doctors, dentists and healthcare professionals.

MOUs with Burjeel and American Hospital

In the month of November, the College of Medicine has signed Memorandums of Understanding with both Burjeel Specialty Hospital and the American Hospital Dubai. It is hoped that these memorandums will underpin further co-operation and assistance between the college and the hospitals, solidifying the college's position and influence both locally and regionally.



Blue Day

On 25th November 2019, students and faculty were clad in shades of blue for Blue Day. The event began with an opening note from Prof. Qutayba Hamid followed by awareness talks. After which, the attendees moved to the lobby for booths, games, and snacks. "Movember", titled after the portmanteau for men's health, was one of the themes, organized by Drs. Khulood Bajbouj and Zainab Al Shareef and aimed at the recognition of prostate cancer. The Diabetes Research Group led by Prof. Nabil Sulaiman, in collaboration with the Community Committee of the MSA, organized the "Diabetes Awareness" segment of the event. The mobile clinic was also present at the event, highlighting the responsibility of medical students in spreading awareness and partaking in screening the public for diabetes. Finally, the event-goers participated in a walkathon around the medical campus, concluding both the walk and the event around the signature palm tree by releasing their blue balloons into the Sharjah sky.



The Diabetes Research Group led by Prof. Nabil Sulaiman, in collaboration with the Community Committee of the MSA, organized the "Diabetes Awareness" segment of the event. The mobile clinic was also present at the event, highlighting the responsibility of medical students in spreading awareness and partaking in screening the public for diabetes. Finally, the event-goers participated in a walkathon around the medical campus, concluding both the walk and the event around the signature palm tree by releasing their blue balloons into the Sharjah sky.



College Lunch Gathering

On 19th November 2019, the faculty and staff of the College of Medicine participated in the bi-annual lunch gathering. In the interest of promoting a friendly environment and international harmony at the college, everyone was invited to participate in this event by bringing their own national dish to experience the different cultural tastes among all. During this lunch, a sad farewell was bid to Dr. Sarah Abraham who will be leaving us in January. We wish her the best of luck in the future!



Linking Education And Farming - LEAF

LEAF, the Medical Sustainability Circle, was implemented in the College of Medicine under the guidance of Dr. Anu Ranade consisting of a group of like-minded physicians, professors and students.

LEAF's goals and missions are outlined below:

- Building a team of medical students discussing strategies and methods to achieve goals.
- Fabrication of soil from biodegradable kitchen waste and other materials such as sawdust.
- Recycling paper cups and other food containers that end in landfills.
- Collaborating with local bodies and organisations to train and motivate the public.
- Holding workshops on low-cost gardening for the public.
- Highlighting benefits of organic farming and sustainable living.
- Planting 60 different types of tomatoes in the current academic year.
- Raising awareness by participating in radio shows and school events



Faculty Publications

Dr. Rifat Hamoudi, Dr. Salah Abusnana, Dr. Jalal Taneera and Prof. Nabil Sulaiman published an article in Nature looking at pre-diabetes and diabetes prevalence and risk factors between ethnic groups in the United Arab Emirates. Link: <https://www.nature.com/articles/s41598-019-53505-7>

College Achievements

Dr. Khulood Bajbouj participated in a Breast Cancer awareness campaign with the PINK caravan campaign, a Friends of Cancer Patients initiative that held multiple awareness sessions all over Dubai in the month of October.



Dr. Mohammed Al Bataineh gave a talk on Communicable Diseases in the UAE at the Supreme Council For Family Affairs on the 20th November 2019.

Wafaa Ramadan, a student in the doctorate program of Translational Medicine, under the supervision of Prof. Raafat Al-Awady, Dean of the College of Graduate Studies, won the L'Oréal-UNESCO for Women in Science Program - 2019 award for her outstanding achievements in science and technology.



On 18th November 2019, Dr. Mohammad Al Sarraj was congratulated for completing his medical training, at the University of Sharjah, at a ceremony held by the Secretary-General of the Ministry of Presidential Affairs, Sheikh Ahmed Al Hamiri. Dr Mohammad graduated high school with the highest grade from Al Fujairah emirate.

LEAF Exhibition



The Linking Education And Farming (LEAF) Sustainability Circle set up their first booth with Dr. Anu Ranade and various other members to bring about awareness regarding the importance and ability to recycle and utilize biodegradable kitchen waste and other materials such as animal dung for the creation of organic soil the feasibility and accessibility of low-cost farming at the “Health, community and Environmental Awareness Exhibition” held in M21 on the 29th October 2019.



VIRAL NEWS

How a Man's Fecal Transplant Turned Fatal

The first person known to die as a result of a fecal transplant is a 73-year-old man who developed a fatal infection with antibiotic-resistant bacteria that were in the donor's stool sample.

News of the man's death surfaced in June; he was one of two patients in separate clinical trials who became ill after receiving fecal transplants from the same donor. Both patients developed infections with a strain of *Escherichia coli*, or *E. coli*, that demonstrated resistance to different types of antibiotics. Details of the man's death were described in a new study published in *The New England Journal of Medicine*.

The two patients, who were participants in clinical trials conducted at Massachusetts General Hospital (MGH), received fecal transplants in the form of pills that were made in November 2018.



Fecal microbiota transplantation (FMT) — commonly known as a "poop transplant" or fecal transplant — is emerging as an effective experimental treatment for *Clostridium difficile*, a potentially life-threatening bacterial gut infection. In guts with depleted microbial diversity, poop transplants boost diversity with microbial infusions from a healthy person's gut microbiome, distilled from stool samples and delivered as an enema or an oral pill.

But FMT is also being tested as a method of restoring gut microbial diversity for conditions not caused by *C. diff*. The two clinical trials at MGH were testing the impact of FMT on microbiome issues associated with liver disease and the effectiveness of preventive FMT prior to stem cell transplants.

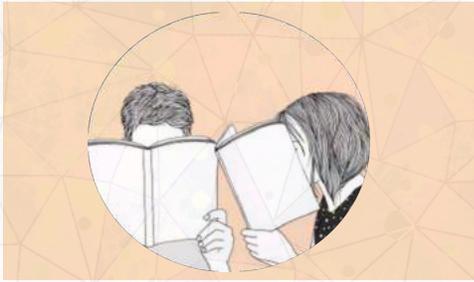
Eight days after the 73-year-old patient received his last FMT dose, he developed a fever and chills, and exhibited "altered mental status," according to the study. His condition rapidly deteriorated. The man developed sepsis — an extreme immune response to infection causing inflammation throughout the body and organ damage — and died two days later, with evidence of an antibiotic-resistant strain of *E. coli* in his blood.

The other patient who became ill from the FMT, a 69-year-old man, also tested positive for the drug-resistant strain of *E. coli*. However, his infection responded to treatment with antibiotics. Eventually, he was pronounced "clinically stable," the researchers wrote in the study.

Antibiotic resistance in harmful bacteria is a growing concern worldwide. With the emergence of these so-called superbugs — some of which can share their resistance with other bacteria — entire classes of antibiotics are becoming less effective at quelling infections, and health practitioners are losing key weapons in their disease-fighting arsenals.

In January 2019, a regulatory review by the U.S. Food and Drug Administration (FDA) dictated that stool samples for FMT had to be screened for drug-resistant microbes. But as this *E. coli* strain is rare in healthy people, the pills that were produced in November were not tested retroactively, the study authors reported.

Adapted from [livescience.com](https://www.livescience.com)



STUDENTS' CORNER

"As giraffes say, you don't get leaves unless you stick your neck out."

By Aya Kadid, Year 1

@aya.mhk



"أَيِّقِظْ شُعُورَكَ بِالمَحَبَّةِ لَوْ غَفَا لَوْلَا شُعُورُ النّاسِ كَانُوا كَالدُّمَى"

By Shorouq Hamood, Year 2



"It is sometimes an appropriate response to reality to go insane."

By Fatema Marhoon, Year 3



"على الطريق"
By Yumna Almour, Year 4

اليوم نناضلُ من أجل حلمٍ لطالما رأيناهُ أمامنا ...
نرسمُ خطواتنا بلا كَلِّ بأقلامِ السنين التي مَضت والتي تنتظرنا ...
كلُّ مَنْ حولنا يثقُ بفكرنا العريق وعلمنا العميق ... ما نشعرُ به مِنْ ضِعْفٍ بين لحظةٍ
وأخرى يتلاشى مع كلمةٍ مَدَحٍ وشكرٍ نتلقاها مِنْ نَقدٍ لهم دواءٌ يعيدُ
روحَ الحياة.. نَحْنُ نكتفي بساعاتٍ راحةٍ من أجلِ عُمُرٍ وبقاءٍ ...
كما سننسى عثراتنا وبعثرة أوراقنا أمام نُوبِ النِّجَاحِ ...
إنها قضيةٌ وقتٍ ... فلنستغلّه!!!



"Aus den Augen, aus dem Sinn"
By Rana Majzob, Year 5

FOOD SAFETY CONFERENCE



Two groups from Years 4 and 5 participated in the 13th Dubai International Food Safety Conference organized by Dubai Municipality. Both groups, supervised by Hiba Barqawi and Amal Hussein, participated as poster presenters of their Community Based Research (CBR) projects. From Year 4, Saryia Adra and Hiba Ramzi presented their topic titled "The Role of Microbiota in Disease: Knowledge, Attitudes and Practices in the UAE"; whereas the project of Layan Odeh and Muzan Abdelbagi, from Year 5, was titled "Helicobacter Pylori Gastric Ulcer: Knowledge About Its Health Impacts Among Adults in Sharjah." Both groups competed against students from universities across the UAE to claim 2 of the top 3 places on a national level.



EMIRATES ENVIRONMENTAL PUBLIC SPEAKING COMPETITION

The 19th International Intercollege Environmental Public Speaking Competition, organized by the Emirates Environmental Group, was held on the 26th and 27th November 2019. Three teams representing the College of Medicine fought to win against more than 500 contestants from local and international universities. The competition's topics for this year were diverse; Food Waste Management - Achieving Zero Hunger, Climate Change - Reversing the Tipping Point as well as Artificial Intelligence and the Environment were amongst the topics discussed at length.



Against all odds, the UOS teams managed to receive awards for their achievements. The team discussing Food Waste Management received the 1st place award in their category as well as the winner of the whole competition across all 4 categories. The team consisted of Khaled Al Sayed, Ghanayem Al Mazroui and Esraa Elaraby from Year 5, Huwaida Fazal from Year 4 and Ahmad Al Habshi from Year 3. Where as the team discussing Climate Change won the 2nd runner-up award in their category. This team consisted of Amna Al Ani, Fatima Taha, Musab Emam, Hamza Shapsough, and Abdullah Malek from Year 5. The third participated in the category of Artificial Intelligence and consisted of Islam Darwish, Mohammad Al Khazandar, Ahmad Khalaf from Year 4 and Kamel Samara from Year 2. The teams were supervised by Dr. Basema Saddik, Ms. Hiba Barqawi and Dr. Mohammad Al Bataineh, respectively.

After hours of meetings, discussions, rehearsals and practices, the teams were able to actively participate and receive awards. This year, UOS students managed to win the overall competition and receive the perpetual trophy that is to be returned in one year for the next round of the annual EEG competition. We look forward to more students participating in EEG to develop their presentation, research and public speaking skills. EEG offers an unmatched platform for students with similar interests to meet, work together and discuss important pressing issues relating to the environment and to our future on this planet.

UNIVERSITY PROGRAMMING CONTEST 2019

Every year, the Computer Science department holds a programming contest for the entire university where students go head-to-head, fighting for the top spot. This year, Kamel Samara, a second-year medical student, won the second place award.

The competition was held on the 11th November 2019 from 8:00 to 16:00. It was open to students from all the departments and participants ranged from computer engineers and mathematicians to biotechnology majors. The contest involved a problem set consisting of ten problems to be solved by the participants. The participants also had access to a live scoreboard where they can monitor the performance of every other contestant. The problems made use of many programming paradigms and constructs like graphs and dynamic programming. Contestants were allowed to submit their solutions in one of three pre-determined languages: Java, C++, or Python. 85% percent used C++ while the rest used either Python or Java.

The average number of questions solved per contestant was around three and a half, from a total of ten. All the problems were solved, which is in stark contrast with last year when two problems had zero attempts! The top five programmers were awarded prizes along with the top two junior (freshman or sophomore) programmers who did not make the top five. Youssef Mansour, a senior computer engineer, and Kamel Samara, the second year medical student, ended up solving all the ten questions. However, Youssef Mansour, the first-place winner was able to solve them in a shorter amount of time, helping him snatch the first place cup. “It was quite a heated competition and I'm proud of the comeback that Youssef has made” said Kamel, “I'm going to have to up my game and practice more to be able to reclaim my position!”



The university will also be sending two teams to the Gulf Programming Contest in March. Teams from all across the Gulf come to participate and the top place was won by BITS-Pilani, a university from Dubai. A team from the University of Sharjah (with Kamel on it) ranked second last year. Ironically, while his team did solve the same number of questions as the top team, it was a higher time penalty that dropped their ranking from first to second. He hopes that he will redeem himself this year and is aiming for the top spot!

STUDENT ASSOCIATIONS



Medical Students' Association

ORPHANS' PICNIC

Pills and surgeries often form the face of medicine across the world but at its heart, medicine is all about healing the mind and the spirit. With that as the primary aim, the community committee of the Medical Students' Association organized 'Orphans in October' - a month long initiative to collect gifts and donations for the less privileged. The month culminated with the 'Orphanage Picnic', organized on 31st October 2019, from 6 pm – 9 pm at Mushrif Park, Dubai.



Orphans aged 6 and above were invited to participate in the activities planned for them. Game booths were set up - sack races, twister, musical chairs, to name a few – along with painting and medical education booths. Children frolicked from booth to booth, trying to complete as many as they could and were gifted with fun toys at the end of the event. Good music set the vibe, as the children shared their stories with the MSA members and spoke about their dreams over good food.

Everyone returned home with big smiles and the motivation to take philanthropic efforts at College of Medicine a step further.

PSYCHE PROJECT - SESSION 2

In continuation from the activities of Psyche Project from last month, the Scientific Committee organized the second session at M27, on the afternoon of 5th November 2019. The theme of the session was to develop an understanding of human psychology, with a focus on manipulation and deceit tactics employed by people suffering from mental disorders such as Bipolar disorder and Schizophrenia. During the discussion, we also touched upon some of the strategies or habits used in day-to-day conversations by students on the campus.



To add an interesting flavour to this round-table discussion, students participated in the social deduction game 'Werewolf', better known as 'Mafia,' in some parts of the world. Players have to apply tactics of manipulation and convincing arguments to achieve their assigned secret objective in the multi-level game. Students enjoyed the session and are already looking forward to the next one, which will undoubtedly tackle a new and equally engaging topic.

HEALTH IN SPACE SYMPOSIUM

The UAE has recently made leaps and strides in the direction of space exploration. Inspired by this, MSA's Scientific Committee conducted the 'Human Health in Space Symposium', held on 10th November 2019 at the College of Medicine. The event introduced medical students to an overview of astronomy along with an appreciation of the changes that the human physiology undergoes during space travel.



Guest speakers were invited from the Sharjah Academy of Astronomy, Space Sciences and Technology along with Dr. Saba Al-Heialy from Mohammed

Bin Rashid University Of Medicine and Health Sciences. Dr. Nihar Dash and Dr. Adel Elmoselhi also shared their expertise with us. Students enjoyed space-themed snacks and drinks, as they competed with their friends at the game and education booths set up by the members of the committee.



To conclude the event on a high note, a trip was organized to the Planetarium and Exhibition at SAASST to intrigue the students with the mysteries and wonders of astronomy. This was an event that taught us that the sky is never the limit, but it's the endless expanse of opportunities awaiting us beyond it.

BEAT THE HEAT

It is with great enthusiasm and excitement that the Social Committee of the Medical Students' Association organized the 'Beat the Heat 2019' event, a one-of-its-kind and perhaps, the largest student event to be held on the Medical and Health Sciences Campus of University of Sharjah.

Held on the 13th November 2019, the event saw massive participation from students of medicine, dentistry, pharmacy and health sciences in all the activities lined up for the day – soccer, volleyball, basketball, relay and yoga. Aside from students, the faculty of College of Medicine



were right in the midst giving everyone a tough challenge, with a couple of victories in their pockets. A DJ from Red Bull was also invited, whose foot-tapping music added to the competitiveness and excitement of the day. Sponsors including Bounce, Mai Zayed and SHEIN set up their respective booths and engaged students in interesting performances and giveaways.



When the event concluded at 9pm, only some players went home with their trophies and medals, but regardless, all the participants and organizers went home utterly rejuvenated and equipped to deal with the upcoming challenges that the semester might throw their way.



Research & Development Association



Research and Development Association

MEDICAL STUDENTS RESEARCH PROGRAM (MSRP)

UNLEASH YOUR POTENTIALS WITH RESEARCH!

The MSRP is a project that facilitates the communication between students and their faculty supervisors and enables the MSRP directors to monitor their work continuously. The project provides a student-faculty mutual benefits, giving the students the opportunity to perform research, while maximizing the research outcome.

- 1 PARTICIPANTS APPLICATION**
students enter data online about their interests, academic records and experience
- 2 FACULTY APPLICATION**
faculty members provide their research ideas, number of students needed, timeframe, and other requirements
- 3 MATCHING**
MSRP directors match potential students to desired projects. Unmatched students are put on waiting list.
- 4 WORK INITIATION**
matched students contact their supervisors and discuss their roles
- 5 WORK FOLLOW UP**
students submit bimonthly progress report to MSRP directors and meet with them monthly to discuss concerns and progress. students are educated regularly with research courses organised by the R&D
- 6 FINALIZING WORK**
students submit a final report and feedback signed by supervisors. students with publication will be rewarded.



Peer Advisory Committee

STUDY SMARTLY

You probably think you know how to study. After all, you've made it to med. school. You've successfully turned in homework assignments and passed exams for 12 years. And there's a good chance that you have your study routine set, whether it's a cup of tea and your textbooks in bed, or a quiet library carrel you've claimed as your own. But it may be that the study habits you've honed for more than a decade aren't serving you as well as you think they are.

Research has shown that some "common sense" study techniques — such as always reading in the same quiet location, or spending hours at a time concentrating on one subject — don't promote long-term learning. And some habits that you might suspect aren't so great, like last-minute cramming for exams, may be even worse than you thought. Here are three PAC-tips backed by psychology research of the highest order, to help you get the most out of your studying hours.

Space Your Study Sessions

As the reading material piles up, it can be tempting to let yourself fall behind, all the while reassuring yourself that you'll spend a week cramming right before your exam. But while last-minute cramming may allow you to pass a test, you won't remember the material for long. Hence, if you have to spend 12 hours on a subject, it's better to study it for three hours each week for four weeks than to cram all 12 hours into week four. A plausible explanation for the effectiveness of spaced studying is that, over time, people forget what they learned in their initial study session. Then, when they come back to the material later, the new study session jogs their memory and they recall what they learned the first time around. That process — forgetting and retrieval — helps cement the new knowledge in place.

Interweave Your Subjects

You might think that if you want to learn one thing well, the best thing to do would be to sit down and concentrate on it for as long as you can stand. But research shows that mixing tasks and topics is a better bet. Why does mixing up subject matter help you learn? Again, as in spacing, the key may be in the learning, forgetting and relearning that helps the brain cement the new information for the long-term. Another factor might be that this forces you to notice and process the similarities and differences among the things you are trying to learn, giving them a better, deeper understanding of the material.



Test Yourself



Testing can be a useful tool to help you learn, researchers say. Once again research says that forcing yourself to recall information helps strengthen your long-term learning. The problem with repeated rereading, which is what most of us do to study, is that it gives you a false sense of familiarity. You feel like you know the material, but you've never tried to retrieve it. Additionally, testing yourself would orient you to the topics you are particularly weak at as you repeatedly fail to recall the relevant information.

Taking the Hard Route

If decades of research have demonstrated that spacing, interweaving and testing help people to learn more effectively, then why don't we use these strategies? Perhaps because they're difficult to implement. It's hard to study a topic, then switch to a different subject and wait a week to come back to the first one. When you do, you might feel like you're relearning the material — and, in a sense, you are. These strategies work because they are difficult — it's the process of learning, forgetting, retrieving and relearning that eventually registers the knowledge in our long-term memory.

Putting in the extra work to learn material for the long haul is particularly important for a medical student. By the time your clinical years you are expected to know the antibiotics that you learnt in Year 1, when to use each one and what are the alternatives in case of allergies or contraindications. And once you graduate you are supposed to prescribe them yourself.

At PAC, we try to help you all. If you ever need help with studies or want general advice, you can reach out for us. We are here to help.

Adapted from apa.org



UOSMUN - AUS Model Congress

The 7th November 2019 marked the second ever American University of Sharjah Model Congress conference in the history of the region. After the success of the first conference, there has been one question on everyone's mind: "Will the conference deliver the same experience that distinguished it from every other conference in the region?" The new executive board, which included Kamel Samara, a second year student from the College of Medicine, had a clear vision of how it wanted this conference to come forth as. They worked tirelessly to make sure their vision became a reality; indeed a reality did it become. You could feel at the Opening Ceremony how excited participants were to see what folded out on the weekend. There was a certain buzz in the air, everyone knew that this was the conference that everyone will look back at, in years to come. There was a total of more than 800 delegates across the UAE participated in twenty different committees.



The political issues discussed within the committees were the cause of heated debates between the delegates and, similarly enough to the political climate in the United States, the Republicans and Democrats found themselves more divided than ever. Topics discussed in the committees were all of relevance within the U.S. itself, ranging

from Elder Psychological Health, discussed in the Senate Committee on Aging and the issuance and redemption of bank notes, discussed in the Senate Committee on Banking, Housing and Urban Affairs to Immigration Policies in the House Committee on Homeland Security.

The range of issues presented to the delegates during the conference were of major importance in expanding their knowledge and understanding of American politics and how they affect the rest of the world politically, economically, and socially. At the end of the second night there was a social night, in the main plaza of AUS, where students gathered together to let off some steam and just unwind.



Unfortunately, all good things have to come to an end and on the 9th November 2019, the second AUSMC conference came to an end. "It was an unforgettable experience that was worth the eleven months of preparation," said Kamel Samara, the Secretary of Research. "Hopefully, UoS will hold its very first conference this year!"

MEDICAL MISHAPS

By: Drishti Kampani

Nazi Experimentation and Medicine

In a world fraught with senseless conflict and a general disregard for human life, we often turn to our doctors to carry the torch of humankind as they try to cure most ailments - word by word, pill by pill and stitch by stitch. These doctors are bound by the sacred Hippocratic oath which succinctly demands only two loyalties in the approach to diseases; to help and at least, to do no harm. Patient interests at the forefront, always.

Yet, that was not the case in the early 20th century in Nazi Germany. Scores of doctors perpetrated war crimes, lacked respect for human dignity and became unconscientious murders in the name of nationalism. When we think of Nazism, we credit all the blame to Adolf Hitler, but the heavily archived reality tells us otherwise.

Nearly 60% of all physicians in Germany voluntarily joined the Nazi Party and became the unseen generals in the deplorable attack on the Jews and patients with genetic diseases. Collaborations with leading research institutes allowed doctors to create the science, devise the eugenic formulae, write the legislation, and even hand-select the victims for sterilization, euthanasia and mass extermination. Under the Sterilization Law, the final authorization for forced sterilization was made by Hereditary Health Courts, with a bench made of two physicians and a judge.

Aside from questionable clinical practices, medical research in Nazi Germany saw a major boom as doctors had unfettered access to human beings from concentration camps. Studies were performed without the consent of the victims, who suffered indescribable pain, mutilation, permanent disability, or in many cases death as a result. Each experiment was more inhumane than the previous and to enumerate and elucidate them in a paragraph would be a shallow attempt.

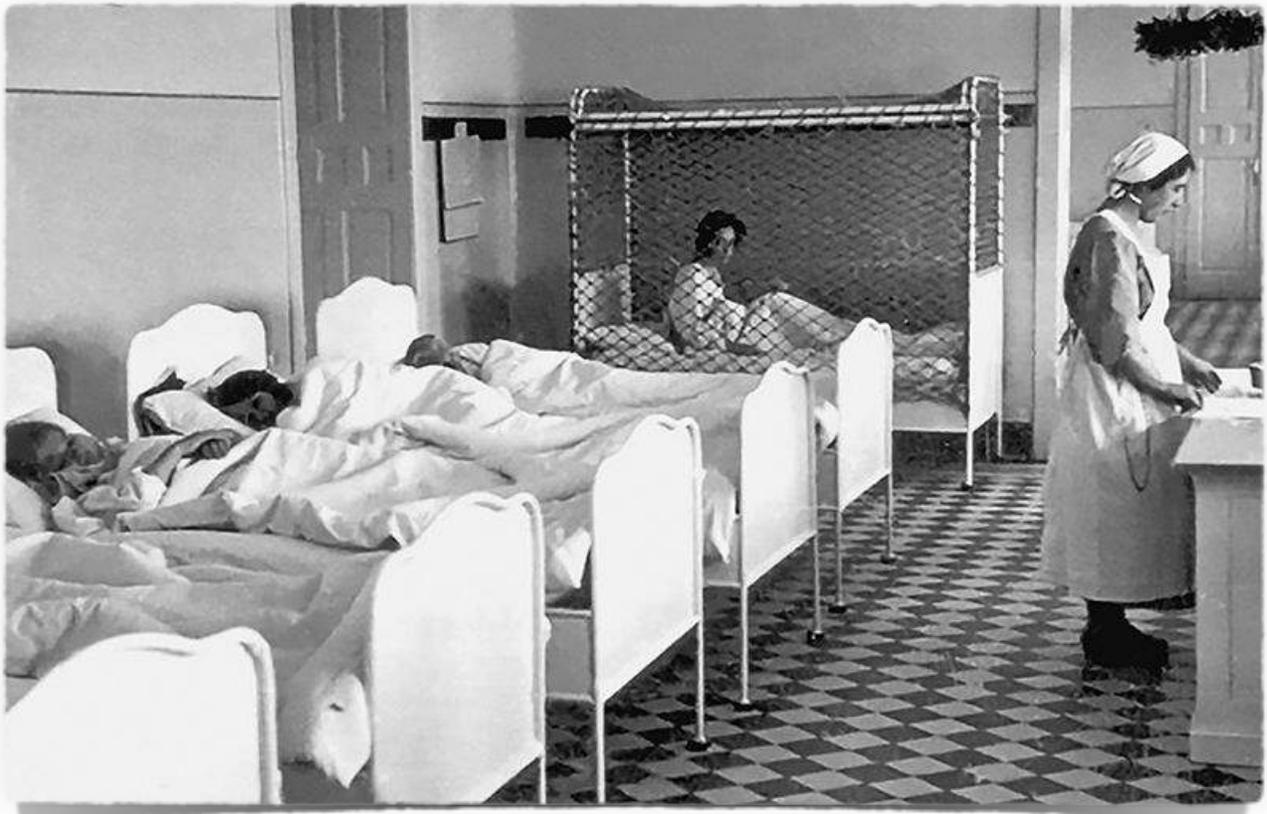
Victims were forced to drink only seawater and deprived of food to test water potability. They were deliberately injected with live tubercle bacteria to test for natural immunity; cruelly exposed to typhus and malaria in an attempt to understand the disease and devise treatments. Bone, muscles and joints were amputated for transplantation and regeneration experiments. Battle-like wounds were inflicted and infected with streptococcus and tetanus to assess the efficacy of sulfanilamide. The most well-known of these experiments are the freezing and high-altitude simulations. Victims were placed naked in vats of icy water as doctors measured heart rate, body temperatures, reflexes and other factors. Warming techniques including scalding bags and forced copulation were used for trials.

At the end of the war, when the Nuremberg trials were conducted in front of an international jury, 'The Doctors' trial' was one of major interest. It lasted for 140 days with eighty-five witnesses and proof of 1,500 documents. However, it only tried 23 doctors with 16 found guilty. This leaves a silent implication that all the other physicians who indirectly participated in the process went ahead without consequences to pursue their careers.

Medicine has been far from cruel to some of these doctors and has gone far to honor them with eponyms. Medical textbooks do not tell us that diseases such as Asperger Syndrome, Wegener's Granulomatosis, Reiter's Syndrome and Cauchois–Eppinger–Frugoni syndrome, to name a few, have a soiled and dishonorable history of Nazi experimentation behind them. Replacement terms have been campaigned for - respectively as Autism Spectrum Disorder, Granulomatosis with polyangiitis, Reactive Arthritis and Portal vein thrombosis - but they haven't caught on, partly due to ignorance and partly due to indifference to the victims.

Eponyms are not the only conundrums resulting from our tryst with Nazi medicine, it also poses another moral challenge – what if some of the medical experiments yielded scientifically sound data that could be put to good use? Would the use of this knowledge be justified? Some surgeons continue to use 'Pernkopf Topographical Anatomy', despite its Nazi origins and some scientists propagate that data from the hypothermia and phosgene gas experiments are sound and viable.

Is this an ethically acceptable choice or is this a blatant disregard for sacrifices made by the victims? This is a decision that I'll leave you to ponder over.



RECOMMENDATIONS

By: Dua'a AlNusairat

Picture of the month



By: Ftoon Aldhanhani, Year 4

Quote of the month:

"We must also realize that nothing happens without a purpose. Nothing. Not even broken hearts. Not even pain. That broken heart and that pain are lessons and signs for us. They are warnings that something is wrong. They are warnings that we need to make a change. Just like the pain of being burned is what warns us to remove our hand from the fire, emotional pain warns us that we need to make an internal change. We need to detach. Pain is a form of forced detachment. Like the loved one who hurts you again and again and again, the more Dunya hurts us, the more we inevitably detach from it. The more we inevitably stop loving it."

Hadith of the month

سَمِعْتُ عُمَرَ، يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ
 وَسَلَّمَ - يَقُولُ "لَوْ أَنَّكُمْ تَوَكَّلْتُمْ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ
 لَرَزَقَكُمْ كَمَا يَرْزُقُ الطَّيْرَ تَغْدُو خِمَاصًا
 وَتَرُوحُ بِطَانًا"

"I heard the Messenger of Allah (ﷺ) say:
 'If you were to rely upon Allah with the
 reliance He is due, you would be given
 provision like the birds: They go out
 hungry in the morning and come back with
 full bellies in the evening.'"

Painting of the month

Lake Maggiore at sunset





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



Digital Eye Strain - Are You at Risk?

Staring at your computer screen, smartphone or other digital devices for long periods causes eye strain.

What causes digital-related eye strain?

Normally, humans blink about 15 times a minute, but studies show that this decreases to a half or third when using digital screen devices, whether for work or play.

Symptoms:

- Your eyes may feel dry, itchy and tired.
- You may have blurry vision.
- You may experience some headaches.
- You can have bouts of motion sickness, especially when viewing 3-D.
- Your neck and shoulder may feel sore.

A note to contact lens users:

- Give your eyes a break by wearing your glasses.
- Don't sleep in your contact lenses, even if they are labeled "extended wear."
- Always use good cleaning practices.

Eye Ergonomics Tips:

- Sit about 60 cms, or an arm's length, from the computer screen. Position the screen so your eye gaze is slightly downward.
- Reduce device glare by using a matte screen filter if needed.
- Take regular breaks using the "20-20-20" rule: every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds.
- Use artificial tears to refresh your eyes when they feel dry. Consider using a humidifier.
- If a screen is much brighter than the surrounding light, your eyes have to work harder to see. Adjust your room lighting and try increasing the contrast on your screen to reduce eye strain.

When to See an Ophthalmologist:

If you are still experiencing eye strain after adjusting your computer or workspace or If your eyes are consistently red, blurry or watery, or they become sensitive to light or painful, please check with an ophthalmologist.

Reference:

American Academy of Ophthalmology. (2016, March 01). Computers, Digital Devices and Eye Strain. Retrieved from aao.org