

COLLEGE OF MEDICINE NEWSLETTER



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DEAN'S MESSAGE OF THE MONTH



I would like to wish the esteemed rulers of the UAE, as well as UAE nationals and residents, a happy and prosperous 53rd National Day. With the upcoming examinations, the College of Medicine's faculty has been busy preparing for the end of the semester. Alongside finals' preparation, our students have been involved in activities outside their curriculum, including scientific meetings and sports competitions. They have proudly represented the university and college, winning a number of prizes and awards.

As the semester draws to an end, 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 throughout the semester.



COLLEGE

news

53rd UAE National Day Celebrations

The Colleges of Medicine & Health Sciences along with the College of Fine Arts & Design celebrated the UAE's 53rd National Day on 27th November 2024 with a vibrant event organised by Dr. Zainab Al Shareef, the Medical Students Association, and the Emirati Cultural Club. The celebration featured cultural displays, traditional performances, and a feast of Emirati delicacies, highlighting the nation's rich heritage and unity. Prof. Hamid Al Naimiy, Chancellor of the University of Sharjah, and Prof. Qutayba Hamid, Vice Chancellor of the Colleges of Medicine and Health Sciences and Dean of the College of Medicine, were in attendance and addressed the gathering, commending the students' efforts in honouring the UAE's legacy and fostering a sense of pride and unity.



9th International Congress of MEIDAM

From 15th to 17th November 2024, Prof. Qutayba Hamid, Vice Chancellor of the Colleges of Medicine and Health Sciences and Dean of the College of Medicine, represented the University of Sharjah at the 9th International Congress of Medical Excellence in Dermatology & Aesthetic Medicine (MEIDAM). As an Advisory Board Member and Session Chair, Prof. Qutayba addressed attendees at the opening ceremony, highlighting the university’s leadership in advancing medical research and fostering global collaboration.



Visit to the Armed Forces College of Medicine

Between 18th and 21st November 2024, a delegation from the College of Medicine, which included Prof. Qutayba Hamid, Vice Chancellor of the Medical and Health Sciences Colleges and Dean of the College of Medicine, and Dr. Mohamed Eladl, visited the Armed Forces College of Medicine in Cairo, Egypt. The purpose of the visit was to review the facilities and academic programs and participate in the first conference for the college. Major General Dr. Ayman Mohamed Shawqi, Director of the College, welcomed the delegation and provided them with an overview of the academic programs and infrastructure of the college. At the college’s first conference, Prof. Qutayba delivered an opening speech, where he praised the progress made by the Armed Forces College of Medicine while emphasizing the continuation of academic cooperation between the two institutions.



National Taskforce Meeting for EmiratesMED Competency Framework

On 30th October 2024, the College of Medicine hosted the First National Taskforce Meeting for EmiratesMED Competency Framework. Prof. Qutayba Hamid, Vice Chancellor of the Medical and Health Sciences Colleges and Dean of the College of Medicine, welcomed delegates and emphasized the college's commitment to embedding competency-based education in the curriculum to produce capable graduates for the healthcare system. The meeting brought together a diverse group of participants, including deans of medical schools, heads of medical education departments from all UAE medical schools, and representatives from the Emirates Health Services (EHS), Department of Health Abu Dhabi (DOH), and Dubai Health Authority (DHA). The meeting facilitated actionable plans and strategies, with delegates sharing insights and best practices for effective implementation at both institutional and national levels.



Faculty Development Workshop on EmiratesMED Competency Framework

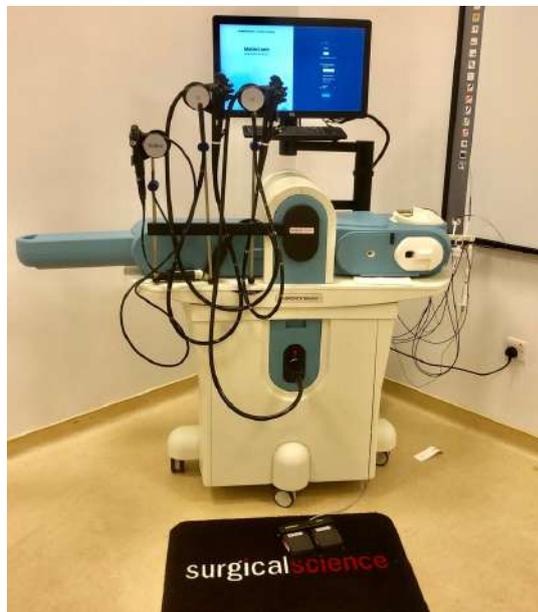
The College of Medicine, in collaboration with the Medical Education Center, organized a faculty development workshop focused on aligning curricula with the EmiratesMED Competency Framework on 30th October 2024. The event brought together faculty members and delegates from medical schools across the UAE, representing the national task force of EmiratesMED. The workshop commenced with an opening address by Prof. Mohieldin Magzoub, Chairperson of the EmiratesMED Competency Framework. He acknowledged the College of Medicine's steadfast support for the EmiratesMED initiative. Dr. Mohamed Taha led an interactive session on the integration of EmiratesMED at various levels, including curriculum planning, delivery, and assessment. The workshop also featured case studies showcasing successful implementation strategies, such as:

- Dr. Susan Anne Waller from UAE University, who shared her experiences aligning UAE University's curriculum with EmiratesMED.
- Prof. Kassab from Gulf Medical University, who presented GMU's journey in integrating the EmiratesMED framework.



Visit to the Center of Innovation and Medical Simulation

The Clinical Sciences Department visited the Center for Innovation and Medical Simulation at Sheikh Shakhbout Medical City in Abu Dhabi during its inauguration on 21st May 2024. The visit showcased cutting-edge simulation technology and training modules, featuring clinical scenarios such as advanced cardiac life support (ACLS) for adults and pediatrics, echocardiography, gastrointestinal endoscopy, lumbar puncture, obstetrics delivery, and trauma management. These realistic simulations emphasized skill development and clinical decision-making, highlighting the center's commitment to fostering excellence in healthcare education and preparing medical professionals for real-world challenges.



FACULTY

news

6th Annual MBRU Medical Education Symposium

On 19th October 2024, at the 6th MBRU Symposium of Medical Education, Dr. Mohamed Taha alongside Dr. Wafa Alnakhi and Dr. Mohamed Nasaif facilitated a symposium titled "Integrating Health System Science (HSS) into Medical Curricula." The session underscored the critical role of Health System Science in equipping medical graduates to meet the challenges of modern healthcare. It covered the unique aspects of the UAE healthcare system, core HSS competencies like patient safety and systems thinking, and practical strategies for curriculum integration using proven frameworks. Through case studies, the symposium showcased how HSS can be embedded in medical education to enhance training and improve healthcare outcomes.



UAEU College of Science Lecture

On 23rd October 2024, Dr. Suha Al-Naimi delivered a lecture titled "Adipose-derived Mesenchymal Stem Cells and Obesity: Exploring the Dynamic Interplay of Offense and Defense" at the College of Science, United Arab Emirates University.



Global Collaborator at the University of South Carolina

In the Annual Report issued by the University of South Carolina, Dr. Wafaa Al Nakhi was listed as a Global Collaborator representing the UAE.



Sharjah International Conference in Biotechnology

At the Sharjah International Conference in Biotechnology, held from 20th to 30th October 2024, Dr. Jalal Taneera delivered an oral presentation titled “The Fat Mass and Obesity-Associated (FTO) Gene is a Potential Therapeutic Target for Treating Type 2 Diabetes.”



Breast Cancer Awareness Lecture

On 30th October 2024, Prof. Iman Talaat gave a lecture about breast cancer awareness, arranged by the Health Promotion Department at the Sharjah Supreme Council for Family Affairs. Her lecture aimed to raise awareness about the importance of screening and early detection of breast cancer.



Women’s Dorms Breast Cancer Awareness Event

On 31st October 2024, during the Breast Cancer Awareness Event organized by the Medical Students’ Association (MSA), Prof. Iman Talaat and Dr. Fatima Alkhatib gave a lecture catered for the staff at the university’s women's dorms. Their lecture highlighted breast cancer prevention, self-testing, and general awareness.



Evaluation Commission Member Appointment

On 4th November 2024, Prof. Iman Talaat was appointed by the International Accreditation Organization as the Evaluation Commission Member to pay an inspection visit to the Sharjah Police Science Academy. This visit served to verify the information presented in the application form and grant full accreditation status.



Clinical Examiners for MRCPI and MRCOG Exams

Dr. Ghada Mohammed and Dr. Ream Langhe participated as clinical examiners for the Membership of the Royal College of Physicians of Ireland (MRCPI) Part 2 Exam held in Dubai on 9th and 10th November 2024. Dr. Ghada Mohammed also served as a clinical examiner for the Membership of the Royal College of Obstetricians and Gynaecologists (MRCOG) Part 3 Exam held in Abu Dhabi on 11th and 12th November 2024.



First Clinical Research Forum in Dubai

On 12th November 2024, Dr. Jalal Taneera participated in the First Clinical Research Forum held in Dubai. During the event, he delivered a talk focused on the early detection of diabetes in patients with beta-thalassemia. His presentation highlighted the challenges and importance of identifying diabetes risk in this patient population, underscoring the role of early screening and intervention in improving patient outcomes.



EduCare Faculty Development Program

On 14th November 2024, during the launch of the EduCare Faculty Development Program by the Medical Education Center, Dr. Hamid Alhaj and Dr. Amna Khalid led an introductory session titled "Addressing Power Dynamics and Communication Barriers in Faculty-Student Communication." Dr. Amna addressed the complexities of power dynamics in academic settings, shedding light on how hierarchical structures can impact interactions between faculty and students. Dr. Hamid introduced the "Transactional Analysis Theory," emphasizing the importance of understanding communication roles and highlighting emotional intelligence as a key to building trust and resilience. The interactive session provided practical tools and insights to enhance mentorship and create a supportive academic environment.



Interview on Diabetes Prevention and Innovation

On World Diabetes Day, observed annually on 14th November, Egypt's Cairo News Channel featured Dr. Jalal Taneera to discuss strategies for reducing the disease's prevalence and exploring the latest breakthroughs in its management. During the interview, Dr. Jalal emphasized the critical role of preventive measures, including adopting a healthy lifestyle, engaging in regular physical activity, and prioritizing early detection.



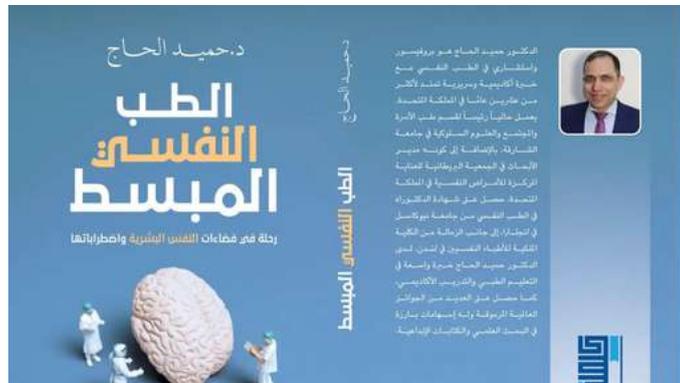
MENA Congress for Metabolism

On 15th November 2024, Dr. Hamid Alhaj delivered a presentation titled "Understanding the Interplay between Metabolism and Mental Health" at the MENA Congress for Metabolism. His session, which drew a diverse audience of healthcare professionals, outlined key aspects of the intricate relationship between metabolism and brain function, with a focus on the gut-brain axis and its role in psychiatric disorders.



Book Launch at the Sharjah International Book Fair

On 16th November 2024, Dr. Hamid Alhaj celebrated the launch of his latest book, "Psychiatry Made Easy: A Journey into the Human Psyche and Its Disorders," at the Sharjah International Book Fair. Dr. Hamid Alhaj addresses in his book the need for culturally sensitive mental health resources in the Arab world, providing a practical guide for mental health professionals that enhances their ability to communicate effectively with patients. By providing evidence-based insights into psychological disorders, his publication aims to reduce stigma and eliminate myths surrounding psychiatry within Arab communities.



STUDENT

news

Family Medicine Clerkship Student Community Service Activities

The Family Medicine clerkship offered Year 5 medical students an opportunity to engage with the community and promote health. From September to October 2024, students organized activities at primary health care centers in Sharjah, including breast cancer and breastfeeding awareness, heart health initiatives, influenza vaccination campaign, and diabetes education. As a part of a Mental Health Awareness event at the Sharjah Union Women's Association, students conducted Mental State Examinations for elderly women. These efforts emphasized early screening, practical advice, and interactive health education. The clerkship showcased students' commitment to community service through impactful health promotion.



AUS Inter-Universities Swimming Competition

Students from the College of Medicine participated in the AUS Inter-Universities Swimming Competition on 5th November 2024, representing the University of Sharjah. The UOS women's team secured second place in the competition, with Batool Mustafa Alkaram, a Year 3 student, winning a silver medal.



AUS Inter-Universities Powerlifting Competition

On 5th and 6th November 2024, students from the College of Medicine represented the University of Sharjah at the AUS Men's and Women's Inter-Universities Powerlifting Competition. The UOS female powerlifting team secured second place overall out of 10 universities, with the team growing from just two members – Year 4 students Raniya Al Janabi and Tabarak Mustafa – to over 10 athletes in just one year.

Raniya Al Janabi won 4 gold medals in the women's 69 kg category, earning the second best overall female lifter award across all weight classes. Tabarak Mustafa also won 4 gold medals, securing 1st place in the women's 76 kg category.

In the bench press category, Mohammad AlHariri, a Year 4 student, earned a silver medal and 3rd place overall in the men's 83 kg category. Additionally, Safwan Al Zaghal, a Year 3 student, secured 2nd place overall in the men's 120 kg category.



Community Outreach with Mobile Clinic

The College of Medicine is pleased to announce the successful start of the mobile clinic visits, an initiative aimed at promoting community health and providing students with hands-on learning experiences. The first visit was conducted on 7th November 2024, in the Majaz area, where senior students from the medical and health sciences colleges, under the supervision of Dr. Fatima Alkhatib, actively engaged in a variety of health promotion activities. These included health screenings and educational sessions for the public. The mobile clinic visit offered a unique opportunity to extend preventive healthcare services to the community while fostering collaboration between students from different disciplines.



UOSMUN 2024

On 10th November 2024, Year 1 students Hiba Sharjeel and Saif Osamah participated as delegates in the WHO committee at UOSMUN 2024, discussing the topic of “Pharmaceutical Patent Laws Affecting Global Health.” Hiba earned the Best Speaker award, while Saif was recognized with the Best Delegate award.



Pitch@Gov Competition

After presenting their project, NexiLearn, on 21st September 2024, Year 2 students Jana Eissa, Mohamed Ramadan Elashry, Reem Abuthahir, Nada Haneefa, Sara Alnaqbi, Raghad Al Najjar, Yasmeen Mostafa , and Sara El Khatib, were announced as the winners in the University Students Category of the Pitch@Gov competition on 15th November 2024. They have been awarded funding from the Mohammed Bin Rashid Centre for Government Innovation (MBRCGI) and granted access to an accelerator program by the Mohammed Bin Rashid Innovation Fund (MBRIF) to support the further development of their project.



24th ICEPSC

On 28th November 2024, Year 2 students Anfal Al Zaabi, Jana Eissa, Mohamed Ramadan Elashry, Yasmeen Mostafa, and Ali Khalaf, under the supervision of Dr. Hiba Barqawi, represented the University of Sharjah, College of Medicine, at the 24th Inter-College Environmental Public Speaking Competition (ICEPSC), organized by the Emirates Environment Group (EEG). Competing against participants from 90 universities, they presented their innovative project, AquaSanad, which tackles the issue of fish overexploitation. The team competed in the “Benevolence of Oceans: Comprehending Planetary Security” category, achieving remarkable success by securing first place in their category and earning the title of 2nd runner-up overall.



Cardiology Interest Group

The Cardiology Interest Group (CIG) was founded in the summer of 2024 by Year 3 medical students Majed Bseiso and Khaled Kadro. Affiliated with the American College of Cardiology (ACC), the group offers members access to valuable resources, including journals, webinars, and educational materials. Its mission is to unite students and professionals in cardiology, fostering collaboration and learning under the guidance of faculty advisor Dr. Adel Elmoselhi. At its inaugural event, Dr. Mahmoud Ismail, a UOSCOM graduate and Cardiology Fellow at Mayo Clinic, shared his inspiring journey.



[REGISTER NOW](#)

MEDICAL OR MYTHICAL

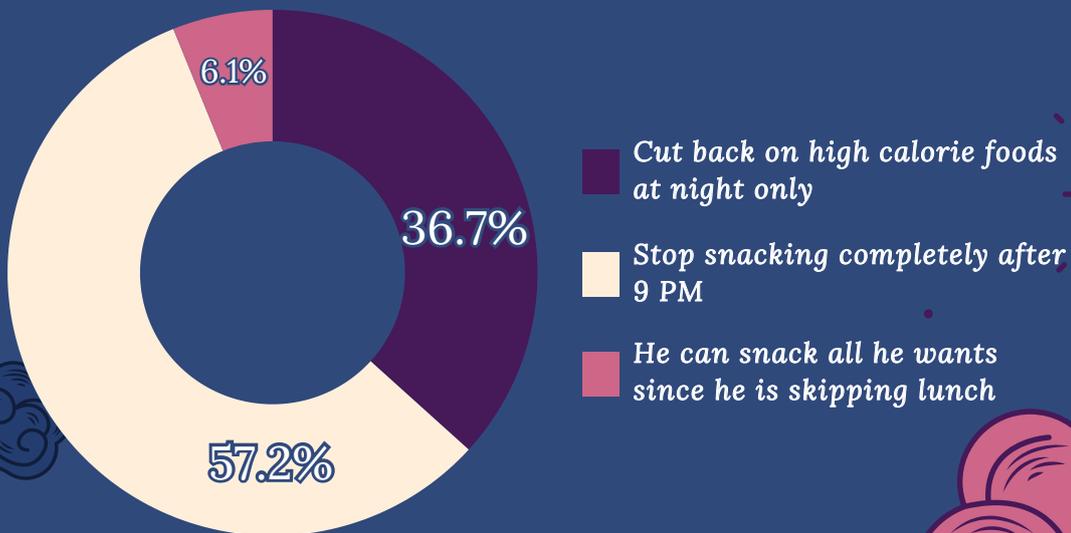
THE LATE NIGHT SNACK

By: Jana Eissa

Omar, a 21-year-old medical student living in the dorms, has long days filled with lectures. After a busy day, he often skips lunch & stays up late studying and snacking to stay alert. Recently, he's noticed that he's been gaining weight and is wondering if his late-night eating habits are contributing to this.

What do you think Omar should do to help him lose the added pounds?

Results



THE VERDICT

Does late-night snacking contribute to obesity? The short answer is yes!

Numerous studies have linked eating late in the evening with increased risks of obesity and hyperglycemia. Maukonen et al. (2019) found that individuals who consumed 20% or more of their daily calories after 8 PM had almost double the risk of obesity after seven years.

The reason? Morris et al. (2015) discovered that late-night eating disrupts key metabolic processes, such as gastric emptying and energy expenditure, which are more efficient earlier in the day. This was further supported by Hibi et al. (2013), who found that a 200-calorie snack consumed at night led to reduced fat oxidation and higher cholesterol levels compared to the same snack eaten during the day. Additionally, Bryant et al. (2008) identified a strong link between late-night eating and emotional eating, as well as disinhibition, which often results in overeating.

So, what does all of this mean for late-night snackers? It's not just a bad habit – it's a risk factor for obesity. Cutting back on late-night eating can help you regain control over your metabolism and protect your health!

REFERENCES 

MEDICAL MARVELS

By: Jana Al Shouha

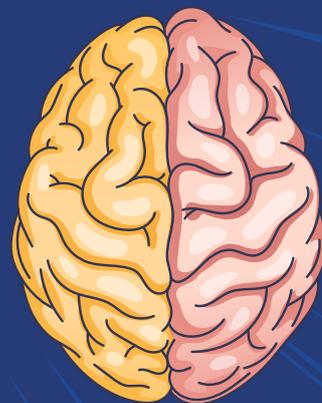
Do I Know You?

Imagine walking down the street and noticing something strange—for some reason, every face that passes by feels unusually familiar. You are overwhelmed with an urge to strike up a conversation with a seemingly “old friend” who, in reality, is just another stranger! This describes the world of a person with hyperfamiliarity for faces disorder, an indeed peculiar condition that traps you in an endless state of déjà vu with people you have never met before.



This rare condition flips the script on our day-to-day facial recognition abilities. Normally, our brain's face processing network relies on the coordinated activity between the left and right temporal lobes, helping us distinguish between familiar and unfamiliar faces. But in hyperfamiliarity disorder, a glitch lies in this system. The dominant lobe — usually the left temporal lobe — which enables us to recognize specific facial features and associate them with people and details (this is X person's nose, this is Y person's eyes), isn't doing its part, due to decreased perfusion, infarction, or atrophy which manifest in patients as seizures. This leaves the nondominant temporal lobe, which ties individual faces with emotional and personal meaning, to overcompensate and flood the brain with a false sense of familiarity.

One striking case describes a right-handed 46-year-old policeman who had developed intermittent episodes of anxiety; six months after these episodes began, he had a tonic-clonic seizure, preceded that day by a complex partial seizure. His MRI results and neurological exam were normal, and he was sent home with lamotrigine (epilepsy medication). However, a month after the seizure, he reported new symptoms including memory loss. At a community fundraiser, he felt that every face looked familiar and kept asking strangers, "Where do I know you from?", whereas he would find it difficult to identify individuals he knows well. He continued having hyperfamiliarity symptoms for over a year. This disorienting trip that patients with hyperfamiliarity disorder experience highlights just how complex yet fragile our brain's facial recognition system really is!



REFERENCES



based on a
true story

**CLINICAL SKILLS 101:
WHAT NOT TO ASK**

It was my first official day at the hospital, and I wanted to stand out—make a lasting impression.

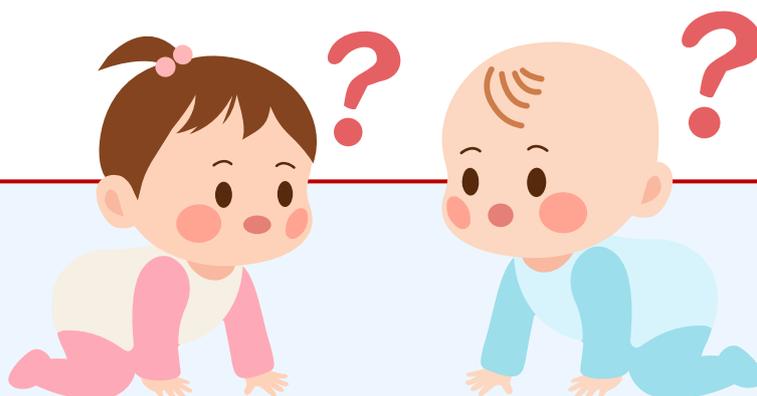
First patient: a baby. Couldn't get easier, right?

"*Babies are cute, not cranky. Babies are cute, not cranky,*" I repeated to myself as I performed a **full** physical exam.

The room was awkwardly silent, so I decided to rely on *Clinical Skills 101: Build rapport with the family*. Confidently, I turned to the parents and, with my most professional tone, asked, "So... is your baby a boy or a girl?"

The parents exchanged a look, their faces frozen in a mix of confusion and disbelief, as if they weren't sure they'd heard me correctly.

Only then did it hit me: "*Boy or girl? Did I really just ask that?*" I could feel my face turning the brightest shade of red. Well, I'd achieved my goal; I was unforgettable—just not how I planned.



STUDENTS'

corner

“

Maira Mariyam

Year I

Lost in the journey, found in
the escape.

”



“

Anam Riyaz

Year I

The nostalgia night really revived
my childhood memories.

”

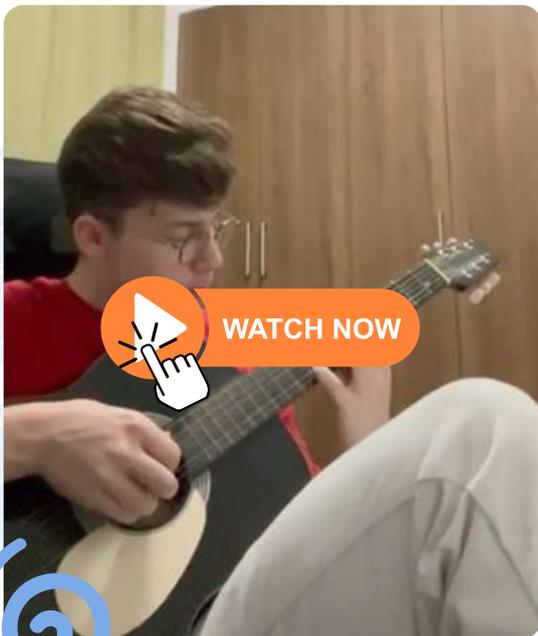
“

Abdulla Habib

Year 3

Embracing shadows, where art finds its voice in the quiet corners of the room.

”



“

Yaman Habach

Foundation Year

Shape of my Heart - Sting

”



“

Aesha Haniya

Foundation Year

Georgia - most spiritual feeling; it was comforting and beautiful

”



“

Amneh Alajjuri

Year I

A couple of coffees and many hours later :)

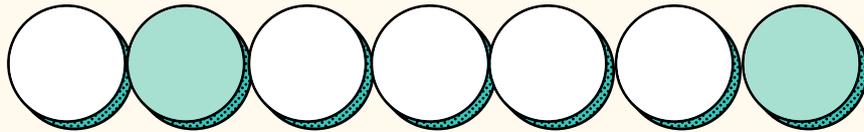
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JUMBLE!

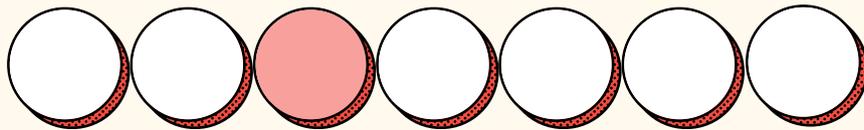
HOW TO PLAY?

Un-jumble the letters below to form a word. Finally, re-arrange the highlighted letters from each of these answers and use the hint to solve the final bonus Jumble!

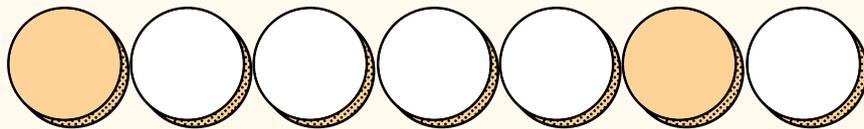
P O T Y R A H



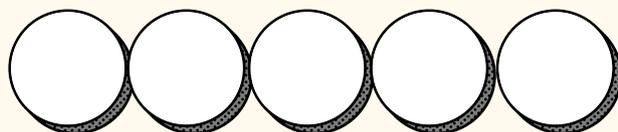
N D A M O A E



B C S E S A S

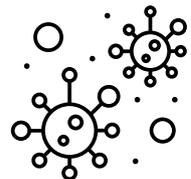


FINAL ANSWER:



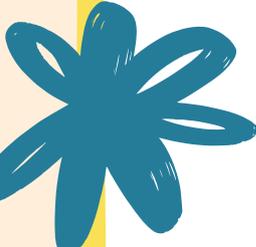
Hint

The doctor said it is a _____ infection - her health just needed a little rise in attention!



Submit Answer





STUDENT LETTERBOX

IT'S TIME TO GO



Looking back on past versions of yourself through the lens of who you are now is truly eye-opening. Every now and then, I daydream about all the questions the younger me had. I realize I am the same person, yet somehow completely different. Change can be scary, but it can also lay down the path to a beautiful garden.

When I was a little boy, I used to ask my mother to take me to a park right below our house. It was barren. The trees were stripped of green, the grass was yellow, and the flower petals were dry and ashy. And yet, I always insisted on going there. There was a much nicer park down the road, with vibrant roses and lush oak trees. Kids played in the sand under the swings, their parents mesmerized by them. I knew the other park would be more fun, but I liked how barren my park was, and so I revelled in my bare trees and yellow grass.

We plant ourselves in places and choose to believe that we are perfectly fine and comfortable within them, even if they prove to be anything but. Perhaps it's because we believe that we can't build anything better—that this is the best we're going to get, and that this is what we deserve.



And yet, it's hard to look back on a simpler time and not feel nostalgic. There's a bitter aftertaste to the sweetness of longing for the past. It's closely followed by the realization that it might never feel like this again and that these moments now only live in vivid memories and polaroid photos.

It's a shame because only lately have I realized that when we lose what's dear to us, we don't just lose; we gain things too. And when those beautiful things arrive at our doorstep, I hope we open the door and greet them warmly, letting go of the stains that past experiences left on that same doorstep.

Looking backward and taking one final glance at who we were might be the only way to move forward. Instead of regret or shame, we should feel empowered by our past and the growth we owe to it. Rather than deleting old photographs or burning our memories, we should let them linger like thick perfume, as a reminder of our blossoming.

I know that it's time to go.

Yasser Abbas 
YEAR 1



WHEN IN DOUBT, SAY AORTA

By: Rehab Jamali

