



COLLEGE OF MEDICINE

NEWSLETTER

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COLLEGE NEWS



ONE CRIME AT A TIME



IMAGIN' THE SIGNS



MSA



PAC



STUDENTS' CORNER

DEAN'S MESSAGE OF THE MONTH

I would like to congratulate everyone for the New Year and hope that we are writing a new chapter in the development of our college in terms of education, research, and clinical training. I am expecting 2022 to be a distinguished year in our achievements. I would like to welcome everyone back after the exams, I hope all the hard work paid off. I wish the students the best in all their efforts and hope to see them all graduate soon. I would like to thank the faculty and supporting staff for their efforts in preparing and conducting the examinations.



The college is currently implementing a hybrid system. We have brought the students back to campus, provided they abide by the testing regulations set forth by the college. These changes will bring about exciting opportunities for our College to continue to grow and flourish. We have expanded our network of hospitals for clinical training and recently signed an agreement with Aster and Sulaiman Habib Medical Group. There are some excellent events lined up in the next few months and I look forward to seeing participation from students, staff, and faculty to ensure we keep our College dynamic and active. Stay safe and stay hard at work.

COLLEGE NEWS

UOS signs MOU with Aster & Sulaiman Habib Medical Group



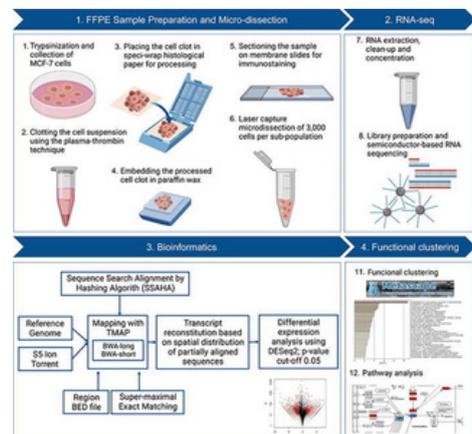
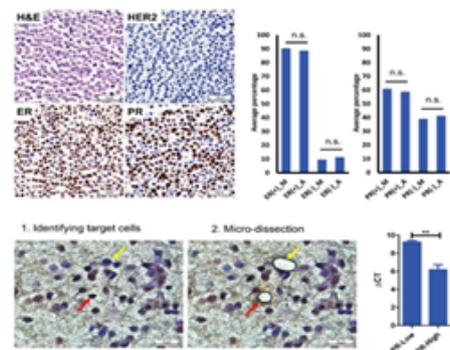
The College of Medicine is delighted to have signed a Memorandum of Understanding with the Aster and Sulaiman Habib Medical Groups. This will open doors for collaboration between the college and the hospitals associated with the groups, as well as provide invaluable training experience for our students during their clinical years.



Development of Novel Method Investigating the Molecular Mechanism of Disease



A team led by Prof. Rifat Hamoudi developed a novel method that facilitates the study of the molecular mechanism of disease at the single-cell resolution. The development of the method involved modifying classical pathology techniques and combining them with laser capture microscopy, molecular biology, and Artificial Intelligence to study the molecular mechanism of various diseases as well as to investigate the therapeutic role of various compounds. The method and its application to breast cancer were carried out by Dr. Sarah Hammoudeh and published in the Computational & Structural Biotechnology Journal at: <https://pubmed.ncbi.nlm.nih.gov/34745451/>.



For her work on the development of single-cell OMICs, Dr. Hammoudeh gained the Excellence in Research Award at the "QUWA: Empowering Women in Research & Innovation" scheme.

Certificate of Achievement for Basic Surgical Skills



Congratulations to the University of Sharjah's Clinical Training Center for receiving the Certificate of Achievement from the Royal College of Surgeons of England for its 33rd course of Basic Surgical Skills since 2010.



Faculty Achievements

Promotion of Faculty of College of Medicine

Heartfelt congratulations to Prof. Maha Saber, Professor; Dr. Bashair Mussa, Associate Professor; and Dr. Jalal Taneera, Associate Professor, on their recent promotions. The College of Medicine is proud of their achievements and looks forward to their future accomplishments.



Emirates Surgical Pathology Conference

A positive display of the sharing of knowledge is valued in Dr. Iman Talaat's contribution as a speaker at the Emirates Surgical Pathology Conference (ESPC) held from 16th-18th December 2021. Her insightful presentation is titled "Molecular Pathology: Traditional Testing Methods".



Noor Dubai TV Interview

On the 30th December 2021, Dr. Hamid Alhaj appeared on the show 'Balsam for Health Programme' on Noor Dubai to reflect on key mental health challenges faced by the public during 2021. He discussed common psychiatric conditions and their management while highlighting the importance of developing healthy habits, resilience, and self-compassion to improve physical and mental wellbeing.



 **dr.bassambalsam** البروفيسور حميد الحاج استشاري الطب النفسي في المستشفى الجامعي في الشارقة ، ضيفنا في برنامجكم بلسم لتعزيز الصحة على إذاعة نور دبي
للحديث عن أهمية الجرد السنوي للصحة النفسية ، وكيفية التخطيط للصحة بمفهومها الشامل

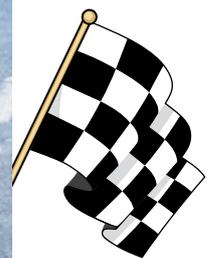
Publications

Congratulations to the following faculty of the College of Medicine for the publication of their studies:

- Dr. Ghada Mohammed, Dr. Noha Mousa, Dr. Iman Talaat, and Prof. Maha Saber have published a review article titled "Breast Cancer Risk with Progestin Subdermal Implants: A Challenge in Patients Counseling" in *Frontiers of Endocrinology*.
Link: <https://www.frontiersin.org/articles/10.3389/fendo.2021.781066/full>
- Dr. Shaista Manzoor, Prof. Maha Saber, Prof. Azzam Maghazachi, Prof. Qutayba Hamid, and Dr. Jibran Muhammad published a study titled "MLH1 mediates cytoprotective nucleophagy to resist 5-Fluorouracil-induced cell death in colorectal carcinoma" in *Neoplasia*.
Link: <https://www.sciencedirect.com/science/article/pii/S147655862100107X>
- Dr. Mohamed Taha published an article titled "Factors that affect student engagement in online learning in health professions education" in *Nurse Education Today*.
Link: <https://www.sciencedirect.com/science/article/pii/S0260691721005189>

Sport Achievements

Mr. Nasser Zahra successfully completed the Dubai Creek Half Marathon race hosted on the 3rd December 2021 in just under 1 hour and 40 minutes. He followed it up with an impressive 1 hour and 43-minute run, achieving 1st place in his age category in the Amina Hospital Half Marathon on the 31st December 2021 to round out the end of the year with a victory. Most recently, he participated in the Miller Half Marathon, held on the 22nd January 2022, by running 21km and coming in 3rd place in his age category.



Student Achievements



Hamdan Bin Rashid Foundation Award for Outstanding Educational Performance

Congratulations to Kamel Aladdein Samara, Year 4 student from the University of Sharjah's College of Medicine for winning the Outstanding Student award at the 23rd edition of the Hamdan Bin Rashid Foundation Award for Outstanding Educational Performance.



ثالثاً: فئة الطالب المتميز
منافسات التعليم العالي
الطالب الجامعي

Dubai Medical College

Faatimah Maryam Muzammil

كليات التقنية العليا

فاطمه عبدالله سرور بن عفي

University of Sharjah

كامل علاء الدين كامل سمارة

Nasser Bin Hamad International Youth Creativity Competition

Noor Bin Hammad, a foundation year student in the College of Medicine, has participated in the discipline of 'Science' at the Nasser Bin Hamad International Youth Creativity Competition. The global event held in Bahrain engaged 8,003 participants from 127 different countries. She achieved the first-place position in her age category as her efforts were honored during the awards ceremony.





ONE CRIME AT A TIME

Killed for a **CoN**



By: *Salma Eldesouki*

Perhaps one of the most tenacious themes of children's short stories is to never trust strangers. Despite that, one might often find it a necessity to do so, especially during difficult times when they are the only hope.

The year 1878 marked the start of an epidemic of dysentery in Japan, which lasted around 20 years as it slowly spread across the country. A devastating reality took over Japan during that time, and over 275,000 people lost their lives. The situation was so dire that the mere mention of a case of diarrhea would strike fear into people's hearts, making them question their health and safety.

Sadamichi Hirasawa saw an opportunity in these uncertain times, and on the 26th of January, 1948, orchestrated a brilliant robbery of the Imperial Bank in Shiinamachi, Tokyo. Claiming to be a public health official, he alerted the customers and clerks at the bank about a dysentery outbreak in the neighborhood. He then offered them a drink that could supposedly protect them from the disease, which they hastily drank out of the fear of becoming the next victims. Instead, they unknowingly became casualties of mass murder, and Hirasawa was able to successfully carry out his plan.

The drink undoubtedly contained poison, which was later revealed to be potassium cyanide. Known to interfere with cellular respiration, particularly by disrupting the mitochondrial electron transport chain, this toxin renders the body unable to derive energy from oxygen. Also, it prevents the cells from utilizing oxygen by binding to hemoglobin, the oxygen-binding protein in red blood cells, resulting in severe hypoxia. Organs like the heart, brain, and lungs can't withstand a low-oxygen environment, and thus rapid death can result.

The murder of 12 people led to Hirasawa's death sentence, and his crime became one of the most infamous incidents in Japan following World War II. Despite his arrest, many still believe that Hirasawa might be innocent, and thus he was never put to death. He initially denied committing any murder or robbery, especially since neither the poison nor the money was found. A month after his arrest in August 1948, he finally admitted to the crimes, only to deny them once again after claiming he had been forced to confess.

Many uncertainties surrounding this incident remain unsolved. Even the poison, once deemed to be the only established fact, was in doubt. Potassium cyanide is known to kill within minutes, yet some of the victims only died after a longer duration, leaving many quite curious as to what the perpetrator might have used. The case is currently archived with the hope that one day new evidence might arise that will either convict Hirasawa or prove his innocence.

References:

<https://www.japantimes.co.jp/news/2016/06/01/national/crime-legal/1948-robbery-mass-murder-still-far-solved/>
<https://inf.news/en/world/18e11fb386e3b708b92d487c7242d900.html>



IMAGIN' THE SIGNS

By: Anas Obaideen



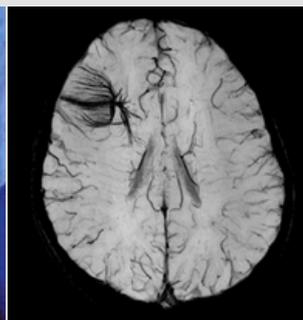
CAPUT MEDUSA

As one of the most unjustly infamous characters, Medusa has always been regarded as nothing more than a hideous monstrosity in Greek mythology, bringing nothing but horror and demise among people. Though all this is true of Medusa's late life, it misrepresents her full story: the real reason why she became such a wicked creature.

Medusa was born a mortal being who had striking beauty and grace. She had become a priestess for Athena, the ruler of wisdom and war, who grew envious of Medusa's looks. Poseidon, the ruler of the sea, was one of the many that were infatuated by Medusa. Despite his many attempts to approach her, Medusa repeatedly rejected Poseidon. But Medusa's powers were futile, and Poseidon eventually forced her into an unconsented affair with him, breaking Medusa's vow to Athena to remain pure.

Fury boiled through Athena's blood after finding out, but she could not possibly do anything considering Poseidon's power. Athena's wrath was thus, unjustifiably, reflected onto Medusa and he chose to turn her stunning strands of hair into venomous snakes, making anyone who looked into Medusa's once ravishing eyes now turn to stone.

The symbol of Medusa's head, or "Caput Medusae", is recognized by many and is even used as a clinical, microbiological, and radiological sign in medicine. When seen in a brain MRI, it could indicate the presence of developmental venous anomalies, which is a relatively benign and usually incidental finding. If seen as a cluster of swollen veins around a patient's umbilicus, caput medusae is one of the primary signs of portal vein hypertension, caused primarily by liver cirrhosis. Medusa's head may also be observed following the growth of *Bacillus anthracis* colonies, which historically has been used as warfare causing anthrax disease.



References:

<https://radiopaedia.org/articles/caput-medusae-sign-developmental-venous-anomalies-1>

<https://www.healthline.com/health/caput-medusae>

<https://microbe-canvas.com/tests.php?p=2081>

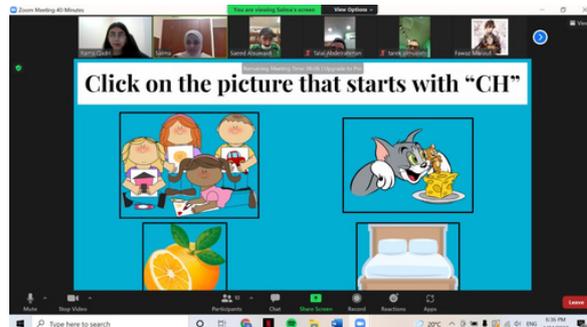


COMMUNITY COMMITTEE

AL THIQAH CLUB FOR THE HANDICAPPED



The Community Committee's volunteering program efforts continued through the month of January as members hosted and taught English sessions conducted twice a week for students at Al Thiqah Club for the Handicapped.



CLINICAL TRAINING CENTER



Students volunteered as simulated patients for medical procedures on Wednesday 19th January 2022 at the Clinical Training Center in the University of Sharjah.

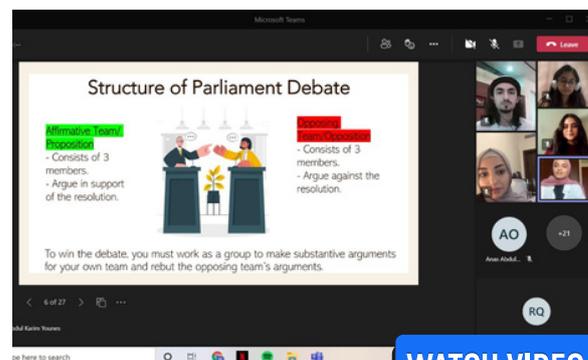


SCIENTIFIC COMMITTEE

DEBATE WORKSHOP



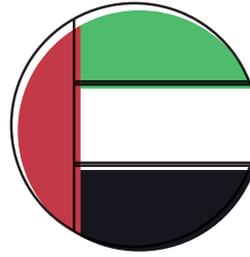
The Scientific Committee organized an introductory debate workshop for members on the 29th January 2022. Drishti Kampani, Salma Eldesouki, and Ahmad Khazali discussed the techniques, skills, and positive approaches essential to preparing for and performing well during a debate competition in anticipation of upcoming events.



[WATCH VIDEO](#)



ROAD TO RESIDENCY



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A **medical internship** is a one-year clinical training program, on completion of a formal medical program, and consists of several clinical rotations over a defined period.

In the UAE, there are **four** typical routes to achieve this:



وزارة الصحة
MINISTRY OF HEALTH



Department of Health - Abu Dhabi
(HAAD/SEHA)



Dubai Health Authority



Ministry of Health and Prevention (Sharjah)



Sheikh Khalifa Medical Internship Programme

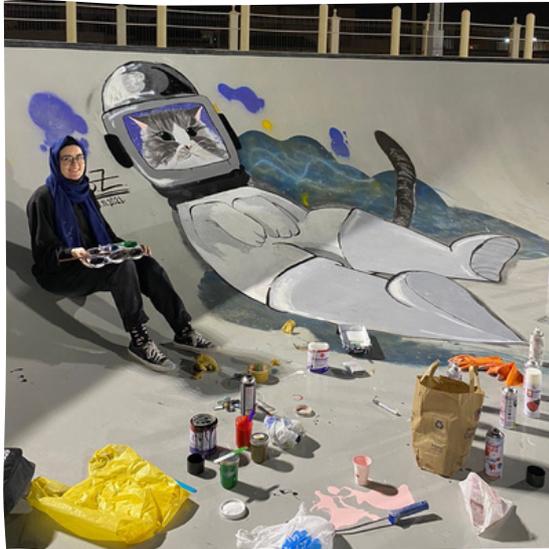


For further information, have a look at this candid insight from our current interns (2021):

1. Dr. Abdulla Nidal: <https://www.instagram.com/p/CXO7wU5Fa8z/>
2. Dr. Dana Othman: <https://www.instagram.com/p/CXO9XerlWDP/>

If you have any further questions about the UAE internship programs, feel free to drop us your questions/comments/feedback at: <https://forms.gle/uZZCastsCEAuqFN87>

STUDENTS' CORNER



The biggest painting I've ever done, a life dream that became true. Very happy to have painted my baby cat Milo at Kshisha skate park.

BALKIS ZAITOUN YEAR 4



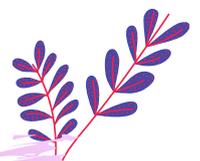
Eternality.

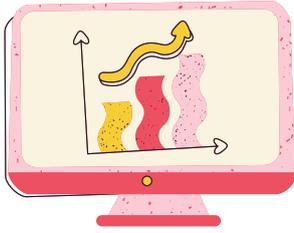
SHAIMA' SHAKHATREH YEAR 1



Art all day , everyday.

HOORIEH QASEMI YEAR 3





STUDENT-SELECTED



DO YOU BELIEVE DOCTORS SHOULD RECEIVE GIFTS FROM PATIENTS?

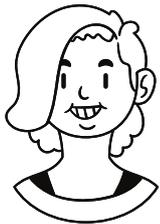
Yes 38.9%

No 61.1%



WHAT WOULD YOU DO IF YOUR PATIENT OFFERS YOU A GIFT?

I WOULD ACCEPT IT, OUT OF KINDNESS AND RELIGIOUS BELIEFS AND UNDERSTAND THEIR APPRECIATION AND THANK THEM FOR IT, ALTHOUGH THEY ARE NOT OBLIGATED TO DO SO.



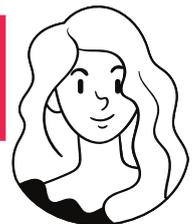
KEEP POLITELY REFUSING AS MUCH AS POSSIBLE.

THE GIFT SHOULD BE SMALL AND NOMINAL THAT ONLY EXPRESSES THE PATIENT'S GRATITUDE AND DOESN'T HAVE ANY ACTUAL MONETARY VALUE.



TAKE IT!

IF IT'S A SENTIMENTAL TYPE OF GIFT YES WHY NOT, WE ALL TRY OUR BEST TO SHOW OUR GRATITUDE TOWARDS SOMETHING WHICH KINDA MAKES US FEEL COMFORTABLE TOWARDS OURSELVES.



I WOULD REFUSE AT FIRST (BEING THE ARAB THAT I AM), BUT IF THE PATIENT KEPT INSISTING, I WOULD TAKE IT RESPECTFULLY .

BASED ON A TRUE STORY



Taking the DOCEE exam means you've got to prepare yourself for the unexpected. Whatever lies behind the door of the exam room determines a great proportion of your future. I had worn my lucky charm that day and I just knew I was going to ace the exam. Unfortunately, the only thing I had not prepared for was a clean change of clothes. During the genital examination of a screaming baby, I gently began to remove the patient's diapers, which she took as an opportunity to keep the diapers clean and urinate on me instead.



I was once granted the nearly impossible opportunity to attend a cardiac catheterization procedure following my second year of medical school. After passing Year 2, I thought I could overcome anything. When I was faced with the insurmountable challenge of putting on the radiation protective equipment, I was up for it (I may have gotten dressed in twenty minutes, but who's counting?). I then confidently walked into the operating room, ready to flex my punctuality, and was met with strange looks from the surgeon and nurses. I didn't pay much attention until one of the nurses started pointing at her head while looking at me. Apparently, I had put the thyroid protector, which usually goes around the neck, on my head like a cap.

Ready for a laugh? Students from the COM have shared some of their funniest experiences as medical students below. For a chance to share your story, contact us at comnewsletter@sharjah.ac.ae



Student's Letterbox



They say the early hours of the morning are when your mind is truly awake. Aware of minute details that would usually go unnoticed like the faint sounds of the birds chirruping, feet shuffling, and cups clanking in a distant apartment nearby. It is at this time of the day where you find yourself awake in your bedroom, struggling to meet deadlines. You stare at your laptop. The multitude of tabs lingering on the edge of the screen looks back at you, taunting and testing your patience. You promised yourself that you would finish your assignments on time, stick to your schedule, and have an early night's sleep. Yet here you are, barely awake and running on caffeine, fighting the urge to glue your eyes shut.

Scrambling to gather your thoughts into coherent sentences, your fingers blur frantically across the keyboard, so quick, your eyes can barely keep up with them. Simple tasks have now become hefty chores as you find yourself rewriting the same sentence.

"... activation of vestibular receptors triggers stimulation of..." Backspace. Backspace.
"...vestibular receptors are triggered by stimulation of..." Backspace. Backspace
Your mind has shut down. Nothing you write is making any sense.

Your vision starts to waiver and the light emanating from your screencasts shadows around you. What would happen if you pushed yourself further? would you succumb to the irresistible pull of sleep, or would your mind get acquainted with the shadow figures? no longer seeing them as threats but as special visitors.

Once again, you've cornered yourself to a fatal edge, but before you could fall off, you take a deep breath and gather your thoughts. There's always a way out.

Shy no more, the sun is fully out. You feel its heat permeating through the windows, creeping up your neck and pooling at your face. The warm rays shake off the web of thoughts in your head, leading you to an epiphany.

You make a final decision and unknowingly, your hands start moving on their own. You fold the screen down, but the room does not plunge into darkness. Instead, the bright light outside fights its way into your room and soothes your knotted conscience. Tomorrow has arrived and brought with it new chances, opportunities, and most importantly- more time.

Time to consider new ideas and organize thoughts, time to ease your brain and control the perspective. Being a student means that you will never control the workload thrust upon you, but you can always control your mindset. A letter or percentage should never take priority over your mental health because deadlines are only deadly until they are met. You need to anchor yourself and stay grounded after the storm passes, so build a strong mindset and a resilient will, and know that accepting your limitations is the first step to growing beyond them.

Now, as you lie on the soft cold pillow and pull the sheets tight, you are thankful to hear birds cheerfully chirruping, feet silently shuffling and cups faintly clinking, because the morning has come. After you rest and ultimately wake up, tomorrow will wash away your exhaustion and clear your mind enough to be able to finish that sentence you were struggling with.

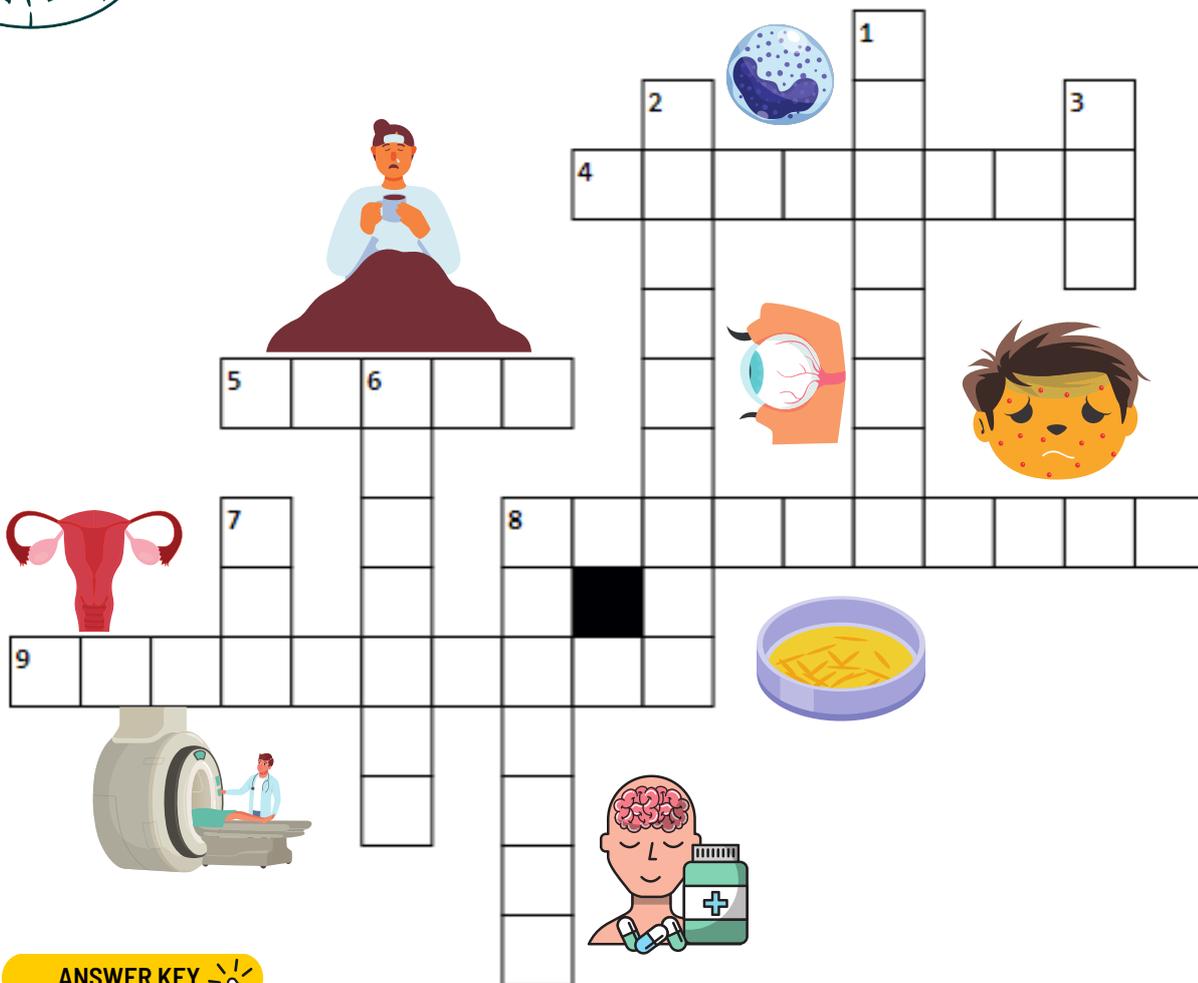
..."Stimulation of the vestibular system triggers receptors for motion and spatial orientation that allow us to keep balance and maintain our equilibrium."

MEDICAL CROSSWORD



Click on the icon to the right to access an interactive version of the crossword. You can type in your answers and it will check if they are correct. Good luck!

[CLICK HERE](#)



ANSWER KEY

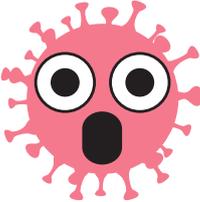


Across

- 4. Type of white blood cell
- 5. Cranial nerve
- 8. Disease caused by airborne pathogen
- 9. First antibiotic

Down

- 1. Happiness hormone
- 2. Another name for uterine tube
- 3. More common in cold months
- 6. Lymphatic tissues
- 7. Type of radiological imaging
- 8. Required for bone growth



MICRON

By: Hanae Al Chame

