



COLLEGE OF MEDICINE NEWSLETTER

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DEAN'S MESSAGE OF THE MONTH



I would like to congratulate everyone for the New Year and hope we are writing a new chapter in the development of our college in terms of education, research, and clinical training. I am expecting 2024 to be a distinguished year in our achievements.

I would like to welcome everyone back after the exams and I wish students the best in all their efforts. I would like to thank the faculty and supporting staff for their efforts in preparing and conducting the examinations.

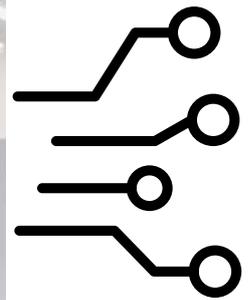
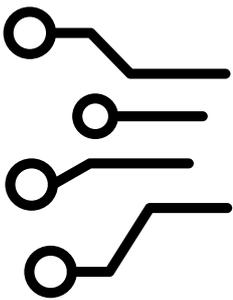
There are some excellent events lined up in the next few months and I look forward to seeing participation from students, staff, and faculty to ensure we keep our college dynamic and active. I am sorry that I was not with you for a month. I will be back soon to enjoy the success of our college.



COLLEGE NEWS

Artificial Intelligence in Medicine Laboratory

As part of a joint research effort between the University of Sharjah and the Skolkovo Institute of Technology (Skoltech), a new joint lab was established and named BIMAI-Lab (Biomedically-InforMed Artificial Intelligence Laboratory). This joint initiative signifies a transformative era in the field of medicine, with a focus on advancing tailored artificial intelligence (AI) and machine learning solutions for biomedical applications. The laboratory was inaugurated at Skoltech via a delegation from the University of Sharjah that included Prof. Rifat Hamoudi, Director of the Center of Excellence in Precision Medicine within the Research Institute for Medical and Health Sciences. Prof. Hamoudi will co-chair the BIMAI-Lab with Assistant Prof. Maxim Sharaev. This partnership promises groundbreaking developments in complex disease diagnostics, prognosis, and treatment strategies. In addition, a key aim of the joint laboratory is to translate some of the research into commercial products benefiting patients and the society.



Dubai International Pharmaceuticals & Technologies Conference & Exhibition (DUPHAT) 2024

At DUPHAT 2024, a multitude of faculty from the College of Medicine at the University of Sharjah presented their research projects in different fields, including:

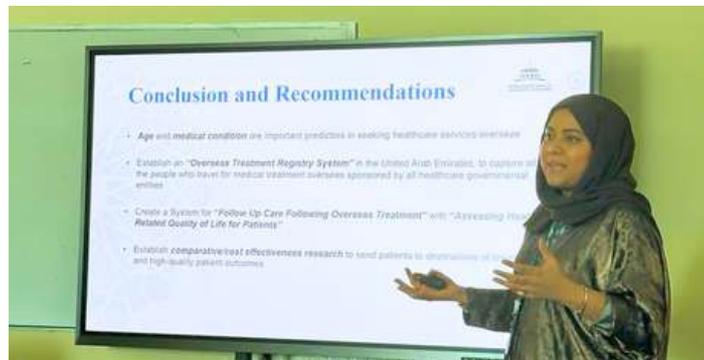
- Prof. Eman Abu-Gharbieh- "Carnosic acid's anti-cancer potential in osteosarcoma cell lines."
- Prof. Maha Saber- "A new scope for immunotherapy: inducing neo-antigens to enhance the response in solid tumors."
- Prof. Iman Talaat- "Exploring the macrophage markers in breast cancer patients and unraveling the indirect effect of MCF-7 and MDA-MB-231 on their expression."
- Dr. Balsam Qubais- "Evaluation of nanoparticles with 5-fluorouracil and chloroquine on Acanthamoeba castellanii activity."
- Dr. Narjes Saheb- "Calprotectin is regulated by IL-17A and induces steroid hypo-responsiveness in asthma."
- Dr. Noha Elemam- "Understanding the association between the chemokine CCL19/CCR7 axis and PD-1/PD-L1 axis as an immunotherapeutic approach in colorectal cancer."
- Dr. Dana Mazen Zaher- "Identifying the mediators of triple-negative breast cancer aggressiveness through RelA using mass spectroscopy-based proteomics and metabolomics analysis."



FACULTY NEWS

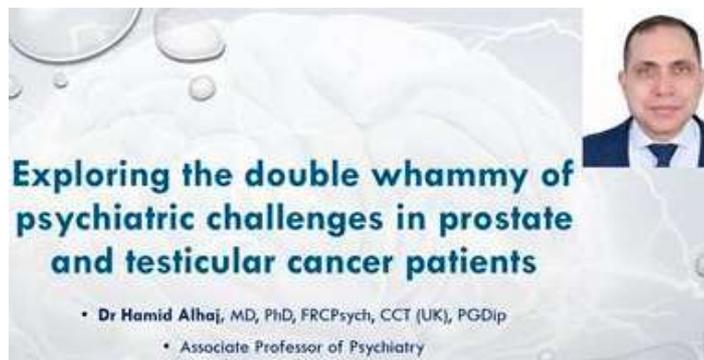
COM Seminar Series

On 15th November 2023, as part of the College of Medicine Seminar Series, Dr. Wafa Alnakhi gave a lecture titled "Patients from the United Arab Emirates seeking healthcare services overseas during 2009–2016: characteristics, motivational factors, and preferences."



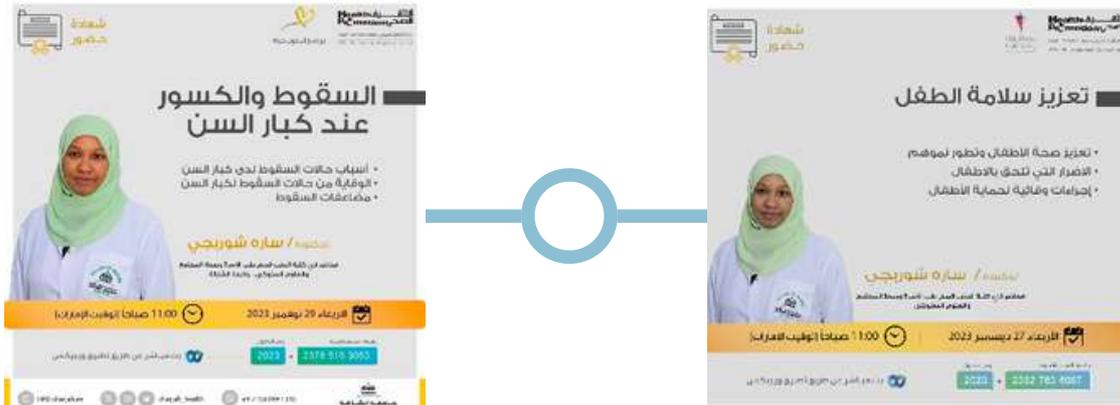
SCORA-IFMSA Lecture

On 26th November 2023, Dr. Hamid Alhaj was a guest speaker at the SCORA-IFMSA event, organized by the International Federation of Medical Students' Associations. In his virtual session titled "Exploring the double whammy of psychiatric challenges in prostate and testicular cancer patients," he delved into the psychological impact of genitourinary cancers, offering essential guidelines for assessing and managing the patients' mental well-being.



Health Promotion Presentations

Dr. Sarra Shorbagi delivered virtual sessions on 29th November and 27th December 2023, organized by the Health Promotion Department of the Supreme Council for Family Affairs. The first talk addressed falls among the elderly and prevention strategies, in which she emphasized the significance of identifying at-risk individuals. The second talk discussed child injury prevention and the common causes of injuries in children under 5.



ESPC 2023

From 15th to 17th December 2023, Prof. Iman Talaat participated as a member of the organizing and scientific committees of the Emirates Surgical Pathology Conference (ESPC), where she conducted a presentation titled “Recent updates in the molecular pathology of breast cancer.” Furthermore, Prof. Iman, alongside Dr. Noha Elemam, supervised master’s student Fatima Abdul Salam, who attained first place in the poster award for her poster presentation titled “Investigating the CCL19/CCR7 expression and its association with PD-1/PD-L1 in colorectal cancer.”



AMEE Fellowship

In December 2023, Dr. Mohamed Taha received a fellowship from the International Association for Health Professions Education (AMEE). As a current member of the international expert panel for “ASPIRE to Excellence: International Collaboration in Health Professions Education,” he demonstrates outstanding contributions to global medical education, scholarship, and effective leadership.



UK Judicial Office Appointment

Dr. Hamid Alhaj was appointed by the Royal Courts of Justice in the United Kingdom as a Medical Member of the First-Tier Tribunal. This esteemed position involves being on a panel with a judge and a specialist member of the Mental Health Review Tribunals to review the statutory criteria of individuals detained under the Mental Health Act. The induction ceremony for newly appointed members occurred in Loughborough, England, on 9th and 10th January 2024, during which Dr. Hamid was inducted into the role and affirmed the judicial oaths.



Collaborative Study: Biomarkers for MDD

In collaboration with Al-Farabi Kazakhstan National University, Kazakhstan, and Skoltech, Russia, Prof. Rifat Hamoudi led a study employing Artificial Intelligence (AI) guided by advanced bioinformatics algorithms to identify novel diagnostic biomarkers for major depressive disorders. The application of AI and Machine Learning in analyzing transcriptomics data from various blood and saliva of patients diagnosed with various degrees of major depressive disorders resulted in identifying a panel of 10 genes that can be used for non-invasive diagnosis of depression. The biomarkers were successfully validated using molecular techniques and were shown to have good specificity and sensitivity for diagnosis. The team included Dr. Hamid AlHaj, Year 5 student Abdulrahman Almidani, and PhD student Ayesha Yusuf.

New Faculty

Prof. Amr Amin has joined the faculty of the College of Medicine at the University of Sharjah as a Professor in the Department of Basic Sciences. He is a cancer researcher who also served as a Professor at different institutions including the prestigious University of Chicago. His lab employs cutting-edge techniques including cellular, molecular, nanoparticles, bioinformatics, proteomics, and organoids to explore biomolecules for potential anti-cancer drugs. With a focus on gastrointestinal cancer and drug discovery, his research has gained consistent funding, resulting in numerous granted patents in both the United States and Japan, as well as over 100 peer-reviewed publications. He is also a recipient of Khalifa's Award, Shoman Award, Emirates Award and is recognized among Stanford's World top 2% scientists.



WELCOME



Dr. Khalid Altirkawi has joined the faculty of the College of Medicine at the University of Sharjah as an Assistant Professor in the Department of Clinical Sciences (Pediatrics). He graduated from the College of Medicine at Aleppo University in 1982. Dr. Khalid received the American Board of Pediatrics (General) certificate in 1996 and the American Board of Pediatrics (Neonatal) certificate in 2008. Ever since, he occupied several clinical and academic posts, mostly in pediatrics and neonatology fields. Additionally, he collaboratively published more than 90 publications in pediatrics, neonatology, and medicine in general, and among his educational interests is translating medical textbooks. He has received several awards for excellence in medical education and medical research, including Best Teacher – Pediatrics from King Saud University in 2010, King Saud University Award for Scientific Excellence in 2018, and Best Teacher as voted by pediatric residents at King Saud University in 2022. Currently, he is involved in research closely related to neonatal medicine and medical ethics.

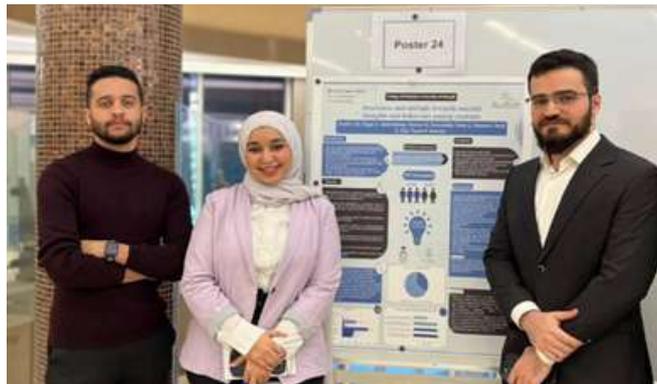
STUDENTS NEWS

Al Amal Research Awards Day

Three research groups from the College of Medicine won the gold, silver, and bronze awards, under the “Best Poster by Non-trainees” category at Al Amal Hospital Research Awards Day on 6th December 2023. The winning research posters were conducted by medical students as part of the Community-Based Research (CBR) program that is taught and coordinated by Dr. Amal Hussein.

Gold Award Winners

The Gold Award was won by Year 4 students Hagar Abdulrahman, Omar Hamrawi, Tarek Zaki, Amal Fathi, Mariam Rawashdeh, and Yazan Katroon, under the supervision of Dr. Hamid AlHaj and Dr. Amal Hussein, for their research poster titled “Awareness and attitudes towards suicidal thoughts and behaviors among students”.



Silver Award Winner

The Silver Award was won by Year 3 students Rawan Adel Mahmood Al-Faraji, Youssef El Assali, Ayesha Alshamsi, Hind Al-Ali, Raghad Elgazzar, and Sami Alsalem, under the supervision of Dr. Ibrahim Eltayeb and Dr. Amal Hussein for their research poster titled “The impact of media infodemics on health behaviors and choices among adults in the UAE”.



Bronze Award Winners

The Bronze Award was won by Year 3 students Aya Ewida, Dima Al-Qaimari, Hisham Sinan, Ola Osman, Omar Abu Eid, and Reem Mohamad, under the supervision of Dr. Emad Nosair and Dr. Amal Hussein for their research poster titled "AI in medicine: Knowledge & Readiness of students and faculty towards its integration in the curriculum".



Young Emirati Purposeful & Principled Leadership Program

Year 5 students Amna Alhammadi and Khaled Alzaman participated in the Young Emirati Purposeful & Principled Leadership program at the University of Malaya in Malaysia, from 17th to 23rd December 2023. On their trip, they visited different sites like the Ministry of Foreign Affairs, the United Nations Development Program, and the Malaysian Industry Government Group for Higher Technology.





THE COMMITTEES

THE COMMUNITY COMMITTEE



Rosary School Visit



As alumni of Rosary School Sharjah, Community Committee members, Haneen Radwan and Shahd Faris, along with Scientific Committee Head, Rabi Assaf, were invited to address Years 10 to 13 students, on 17th January 2024. They shed light on the lifestyle, responsibilities, and diverse career opportunities within the field of medicine.





Community CEHA Program



The Community Committee renews its collaboration with the Center of Excellence for Healthy Aging (CEHA) for the new year. Starting 31st January 2024, volunteers are conducting screening tests, measuring blood pressure, and performing various examinations on the elderly. This initiative serves both community needs and provides valuable experience in geriatric care for volunteers.



Arab Health Conference



The Community Committee volunteered at the 2024 Arab Health Conference held from 28th January to 1st February at the Dubai World Trade Center.





THE SCIENTIFIC COMMITTEE



Medical Students' Research Program

The Scientific Committee reinstates the beloved Medical Student Research Program (MSRP), with its first address of the year held on 30th January 2024. As the program continues to grow, journal club sessions and article discussions become more detailed with students aiming to land research opportunities in the future.



THE SOCIAL COMMITTEE



Football Tournament

The Social Committee continues to deliver incredible events with the exciting return of the College of Medicine Football Tournament. Held on 24th January 2024, students created teams representing their batches to battle against each other. After heated moments and close competition, Year 4 were crowned champions of the 2024 tournament.



BASED ON A TRUE STORY

Wandering down the hospital halls, I saw an old gentleman cradling a newborn with what appeared to be the experienced care of a grandparent. Naturally, I went up to him, all cheerful, and said, "Congratulations on your grandchild!" But, oh dear, did things take an awkward turn! His face twists in a blend of confusion and offense. No explanations, just a puzzled stare, leaving me to unravel the mystery on my own.

It turns out he was the father. Embarrassed? Oh, let's just say I wished the earth would split and swallow me whole. Note to self: next time, stick to "Oh, what a cute baby!"

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



THROUGH THE LENS

Iron Wine

By: Ahmad Khazali

Shipwrecked on the shores of Illyria, Viola, in Shakespeare's 2nd act of 'Twelfth Night' (1601 AD), is labelled, "With a green & yellow melancholy, sat like patience on a monument". In this line, Shakespeare intently emulates depictions of 16th century women while simultaneously unfolding a profound medical history.

Gluttoned 16th century European ballrooms exposed the emergence of unexplained collapsing guests. Depicted in Jan Steen's 'The Doctor's Visit' (17th cent.), paintings of the era displayed this unusual phenomenon. A disease named Chlorosis (Chloros in Greek) was coined by Dr. Lange in 1554 AD after he observed cases of women who lost consciousness as they would dance. These subjects were tinged pale green/yellow, were amenorrheic, apathetic, and in some cases, mentally unwell. Typical for the age, Chlorosis, despite its obvious physical effect on patients, was placed in the category of hysteria.

It was not until 130 years later (1681 AD) that Dr. Sydenham questioned hydrotherapy as the treatment of choice. Instead, he concocted a special mix of ingredients claimed to bring back the color of his patients. On a quest for metal workers, Dr. Sydenham collected steel filings around town. They were further shaven, placed in cheap wine, and were left to steep for some time. Eventually, this liquid would be strained out and sweetened through the addition of sugar. Lastly, the mix would be boiled down to the consistency of a syrup to be given to his patients. The secret ingredient? A pioneering supplementation technique, 'Iron wine', which treated what turns out to be modern day severe iron deficiency anemia.

Thousands of years before technology could melt its ore, the use of iron dated back to 3,300 BC, through the ancient Egyptian hieroglyphic description 'ba-en-pet' which translates to the 'stone of heaven'. According to their belief, its strong association with royalty and power reflected its healing properties. Its use in ancient Egyptian medical practices comprised of treating alopecia and pterygium of the eye.

In its heavenly nature, 5,500 years later (1831 AD), a doctor by the name of Pierre Blaud created the 'Blaud pill', containing the missing coloring substance for chlorotic patients. The following year, the substance was discovered to be iron.

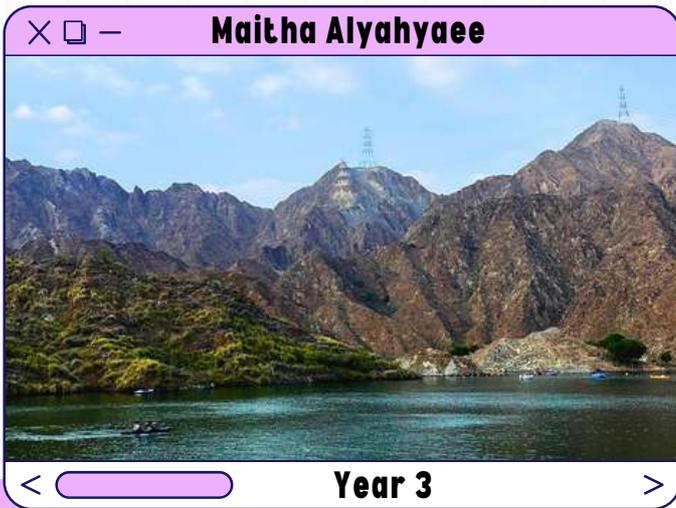
After a rough path of discovery, concoctions, and spiritual personification, the use of iron in medicine transcends its chlorotic background. From the prevention of anemia, use in heart failure, and improvement in pediatric cognition, to its utility in ADHD, there is more than meets the eye for the common ore. Reflecting its variety in function, its malleability as a syrup, wine, spiritual stone, or simple pill has solidified its significance Through the Lens of historical medicine.

Reference 



STUDENTS'

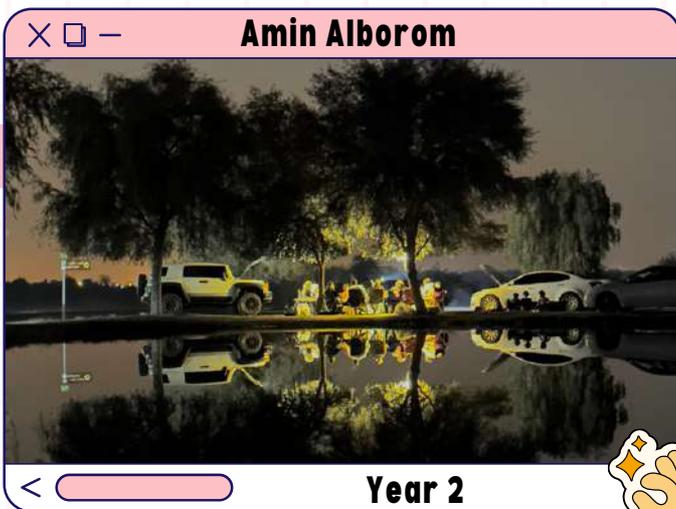
Corner



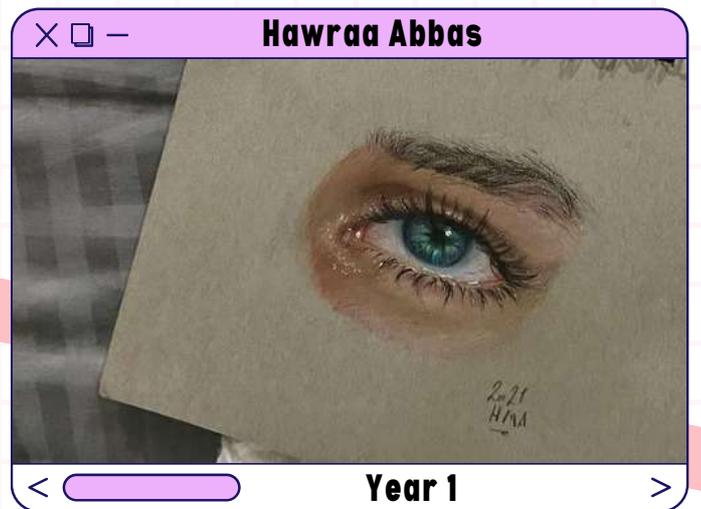
A breathtaking view of Hatta Dam, Dubai.



The King's Stare!



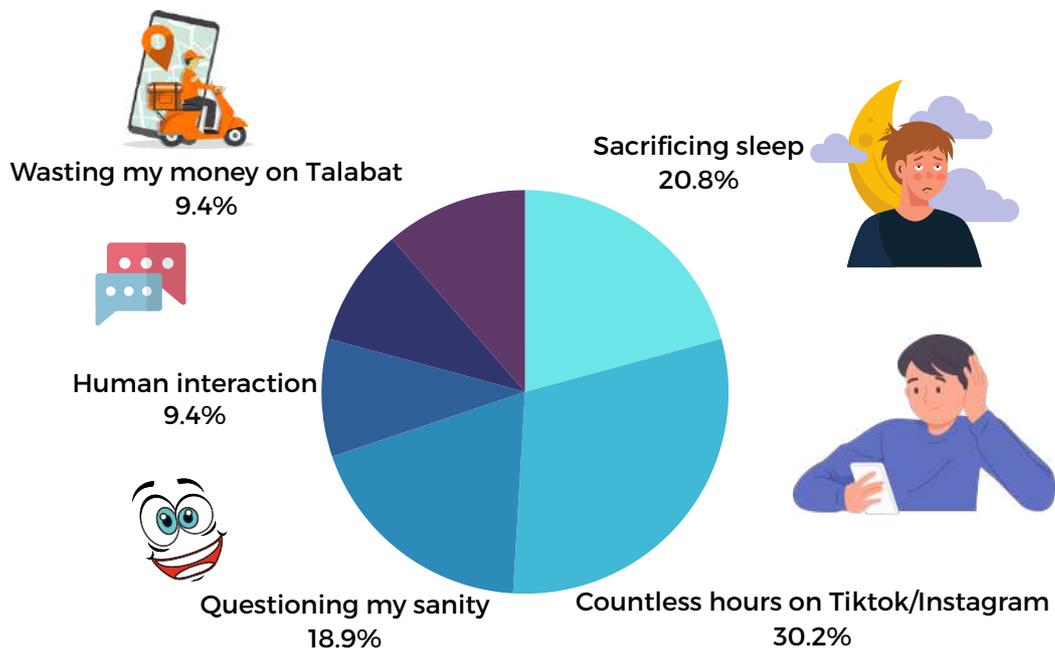
Where family bonds reflect the beauty of serenity by the lakeside.



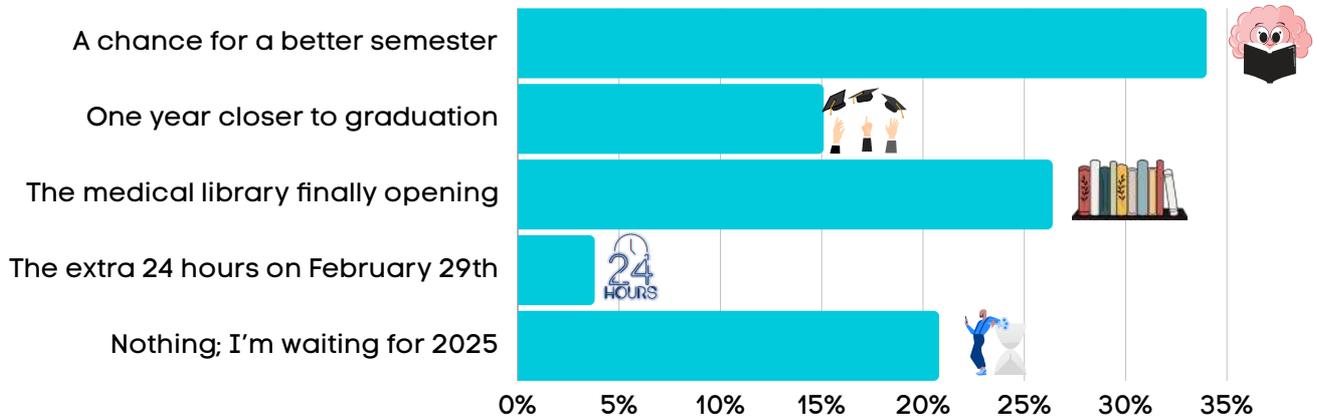
How is the weather inside you?

STUDENT SELECTED

WHAT IS ONE THING YOU HOPE TO LEAVE BEHIND IN 2023?



WHAT EXCITES YOU MOST ABOUT 2024?



SPOTLIGHT

with Shahad Fawis

SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Batch 2022 graduate Enad Haddad is currently in his PGY1 stage of Internal Medicine at Jefferson Abington Hospital, USA. He shares his experiences under the spotlight:

What are the most challenging obstacles on your journey to residency?

For me, it was mainly the stress of balancing university requirements along with the boards, and its requirements. I had to give up family events, great hangouts with friends, and just time for myself for the sake of preparing for Steps.

What was the most surprising thing you have encountered in the United States?

It's not as wild here as it seems on social media (although there are places you must avoid). Most people are very friendly and would greet you even if they don't know you, especially at work. Also, I learnt that most young adults should live alone at least for a few months or a year. The amount of things our parents did for us that we didn't notice is unreal!

What do you miss most about home?

Where do I start? Family, mum's food, friends, playing cards at coffee shops with my friends, hotels, "studying" with friends in Zawaya Walk. I also miss karak and any average fast-food restaurant, it's just not the same here.

What is one thing you would do differently if you could go back in time?

Just take things easy and know that it will all turn out okay.

How did this experience affect you as a physician and how is it reflected in your everyday life?

It feels great to live the dream that you've been working towards for years. I'm just always grateful to God and I'm learning all the lessons that life is presenting to me.

What advice would you give your younger peers who are thinking of embarking on a similar journey?

Everyone has their own journey, and your journey is unique to you and you only. Take your time always be humble, and accept advice. Put in the work and know that no hard work (like not a single extra UWorld question) goes to waste. But know when to take breaks, and that your mental/physical health comes first.

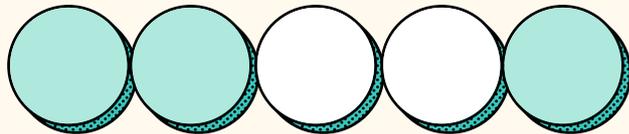


JUMBLE!

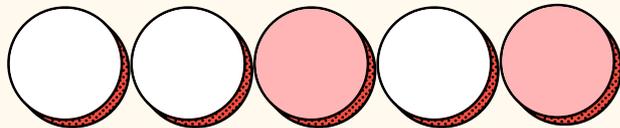
HOW TO PLAY?

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!

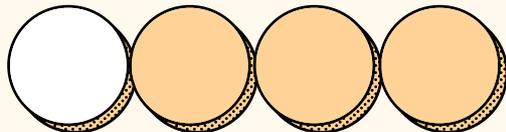
A S P T E



P R D I A



N X J I

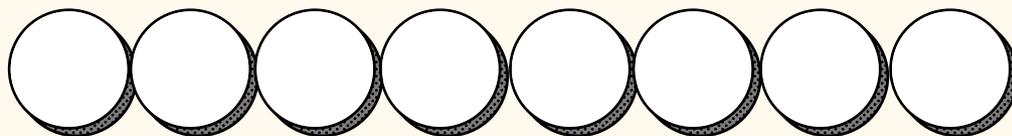


Hint

We saved your for you would you like to flip through it?



FINAL ANSWER:



Submit Answer



Student Letterbox

ميزان الكلام

في زمنٍ لم يرق لي، وبكلِّ الأحوالِ لن أروقَ له، كتبت:
 لِيتمتِج بين الناس عليك أن تكونَ كشاكتهم، تعيشُ كعيشتِهم وتلبسُ على الطرازِ
 الذي يحلو لهم؛ لأنَّ الاختلاف يُفسدُ للودِّ قضية. نعم، نعم، يُفسدُ!
 لا أعرف لماذا يترأى لي أن بإمكانني التصرفَ على سجيَّتي دون أحكامِ النَّاسِ
 المسبقة، وتقبُّلهم لما تنبِسُ به شفاهي من صراحة، فما عادتُ للصراحةِ مطرُحٌ ولا
 للنقدِ مكان. صرْتُ أُجبرُ على قولِ عشراتِ المجاملاتِ في اليومِ ومدحِ أشكالِ
 وتصرفاتٍ من حولي حتى ولو أنَّ سلوكياتهم (لا بتنزل لا بميزان ولا بقبان) أي لا
 تتحمَّلُ من المدحِ ما أتفوَّهُ به، وهذا كلُّه لكيلا أكونَ قاسيةً أو لدودةً بعينِ مَنْ
 حولي. وبعدَ هذا أتعجَّبُ من نفاذِ طاقتي الاجتماعيةِ وحبِّ انطوائي على ذاتي في
 نهايةِ اليوم!

علينا أن نفتنح أن سماعنا للكثير من كلماتِ المديحِ المبهجة في اليومِ وعدمِ تعوُّدنا
 على النقدِ ليس بالأمرِ الطَّبِيعي، بل هو نذيرٌ بأن الشفافية بين تعاملاتنا لم تعد
 شفافة! بل تلوَّنت هي الأخرى لثماثل ما حولها. فصيرنا إذا استشرنا أحداً بموضوعٍ
 لا نتوقَّع منه إلا الإطراء وتنجُّهم إذا تجرَّأ بالتفكير فقط في قول ما لا نريدُ سماعه.
 أخيراً، صيرنا نعيش في زمنٍ صدَّقَ المثني حينَ قالَ عنه:

فَلَمَّا صَارَ وُدُّ النَّاسِ خِبًّا جَزَيْتُ عَلَى إِبْتِسَامِ بِإِبْتِسَامِ

وَصِرْتُ أَشْكُ فَيَمَنَ أَصْطَفِيهِ لِعِلْمِي أَنَّ بَعْضَ الْأَنَامِ

بقلم حنين رضوان ~ سنة ثانية

IS IT MY YEAR?

By: Haneen Radwan

