



# UNIVERSITY OF SHARJAH

where civilizations meet

College of Medicine

## College of Medicine Newsletter

### March 2016

## Dean's message of the month

By Professor Qutabya Hamid

This month has been an eventful one, leaving me with not much room to share my messages of the month.

We have been very busy with the varied activities that took place in this College over the past month. And now we are busy with the tedious but necessary process of recruitment and preparation for the final examinations.

I hope you all enjoy your spring break and come back feeling refreshed for the remainder of the semester.

Professor Qutayba Hamid  
MD, PhD, FRCP, FRS

Dean College of Medicine

### UPCOMING EVENT

**Communicate Your Research &  
Explore New Horizons**

**College of Medicine Student-Based  
Research Week**

Abstract Submission deadline  
extended till 2<sup>nd</sup> April 2016.

Submit your abstract now!

### IN THIS ISSUE:

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# COLLEGE NEWS



Prof. Qutayba, Prof. Hajjaj and Dr. Bassam during a trip to Sharjah City for Humanitarian Services last month



Prof. Qutayba with Dr. Susanne Frontier, Principal and Vice-Chancellor of McGill University in Canada (whom we signed an MOU with), during her visit 7-9<sup>th</sup> March



Our Dean and members of our faculty with faculty and students from the Armed Forces College of Medicine in Cairo, Egypt



## Pink Caravan medical teams undergo clinical examination training prior to the ride

The Pink Caravan Ride is a pan-UAE breast cancer awareness initiative, launched in 2011 by Friends of Cancer Patients Society on its 10<sup>th</sup> anniversary to further the work of FoCP. It was set up under the "KASHF" programme, which aims to promote awareness of the importance of early detectable cancers. The initiative was launched under the patronage of H.H. Dr. Sheikh Sultan bin Mohammed Al Qassimi, Supreme Council Member and Ruler of Sharjah, and under the directive of Sheikha Jawaher bint Mohammed Al Qassimi, Founder and Patron of Friends of Cancer Patients Society, International Ambassador of the World Cancer Declaration for Union for International Cancer Control, UICC, and International Ambassador for Childhood Cancer for UICC.

The Pink Caravan held a training workshop in collaboration with University Hospital, Sharjah, UHS, on Clinical Breast Examination, CBE, for medical practitioners taking part in the ride. The course was held at the Sharjah Surgical Institute and Clinical Training Centre recently at the University of Sharjah and was attended by doctors, nurses and administrators who were to take part in the 2016 ride, on March 7<sup>th</sup>.

The Pink Caravan medical practitioners learnt the basics of breast diseases, particularly breast cancer and the importance of CBE and how it's related to breast cancer. They also learnt how to perform CBE and teach patients how to examine themselves. Participants were also taught breast imaging techniques and what to order for screening. The course was led by Dr. Toufik Tabbara, Associate Professor of Surgery, UHS, Dr. A M Obaideen, Senior Consultant Radiologist, University of Sharjah, and Prof. Nabil Sulaiman, Head of the Department of Family and Community Medicine, Director of CTC/SSI and Chairman of the Curriculum Committee CME Accreditation, who delivered the content through theoretical lectures, video presentations and practical sessions.

The Pink Caravan Ride will take place this year from March 7<sup>th</sup> – 17<sup>th</sup> and see over 100 riders, accompanied by medical personnel and staff, travel across all seven emirates offering free breast cancer screenings to both women and men. It will also spread awareness about the importance of early detection of breast cancer and help to dispel myths surrounding the disease. The Pink Caravan seeks to dispel misconceptions surrounding breast cancer and early detection, while offering free breast cancer examinations to all across the country, both Emiratis and expatriates. It also aims to unify efforts to fight breast cancer and promote the culture of voluntarism and charitable work.



## VIRAL NEWS

# 2015 Nobel Prize in Physiology or Medicine

Article Submitted by: Dr. Maha Saber

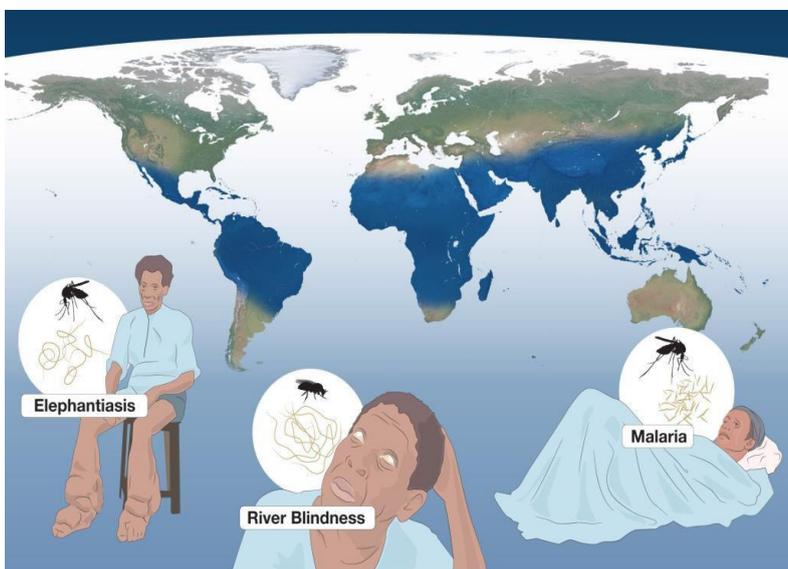


The Nobel Assembly at Karolinska Institutet has today decided to award the 2015 Nobel Prize in Physiology or Medicine with one half jointly to **William C. Campbell** and **Satoshi Ōmura** for their discoveries concerning a novel therapy against infections caused by roundworm parasites and the other half to **Youyou Tu** for her discoveries concerning a novel therapy against Malaria

Diseases caused by parasites have plagued humankind for millennia and constitute a major global health problem. In particular, parasitic diseases affect the world's poorest populations and represent a huge barrier to improving human health and wellbeing. This year's Nobel Laureates have developed therapies that have revolutionized the treatment of some of the most devastating parasitic diseases.

William C. Campbell and Satoshi Ōmura discovered a new drug, Avermectin, the derivatives of which have radically lowered the incidence of River Blindness and Lymphatic Filariasis, as well as showing efficacy against an expanding number of other parasitic diseases. Youyou Tu discovered Artemisinin, a drug that has significantly reduced the mortality rates for patients suffering from Malaria.

These two discoveries have provided humankind with powerful new means to combat these debilitating diseases that affect hundreds of millions of people annually. The consequences in terms of improved human health and reduced suffering are immeasurable.



**Figure 1:** The 2015 Nobel Prize in Physiology or Medicine awards discoveries regarding novel therapies for some of the most devastating parasitic diseases: River Blindness, Lymphatic Filariasis (Elephantiasis) and Malaria. The distribution of these diseases is quite similar and is collectively shown in blue on the world map.

## Parasites cause devastating diseases

We live in a biologically complex world, which is populated not only by humans and other large animals, but also by a plethora of other organisms, some of which are harmful or deadly to us.

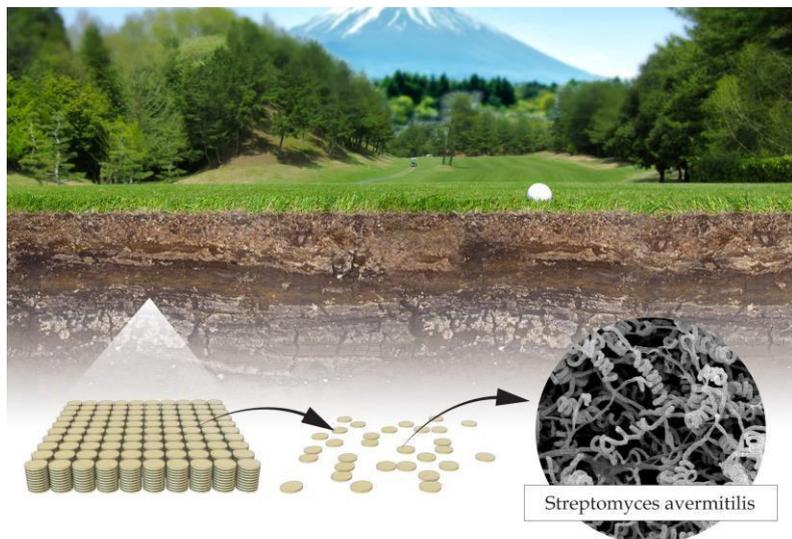
A variety of parasites cause disease. A medically important group are the parasitic worms (helminths), which are estimated to afflict a third of the world's population and are particularly prevalent in sub-Saharan Africa, South Asia and Central and South America. River Blindness and Lymphatic Filariasis are two diseases caused by parasitic worms. As the name implies, River Blindness (Onchocerciasis) ultimately leads to blindness, because of chronic inflammation in the cornea. Lymphatic Filariasis, afflicting more than 100 million people, causes chronic swelling and leads to life-long stigmatizing and disabling clinical symptoms, including Elephantiasis (Lymphedema) and Scrotal Hydrocele (Figure 1).

Malaria has been with humankind for as long as we know. It is a mosquito-borne disease caused by single-cell parasites, which invade red blood cells, causing fever, and in severe cases brain damage and death. More than 3.4 billion of the world's most vulnerable citizens are at risk of contracting Malaria, and each year it claims more than 450 000 lives, predominantly among children (Figure 1).

## From bacteria and plants to novel anti-parasite therapies

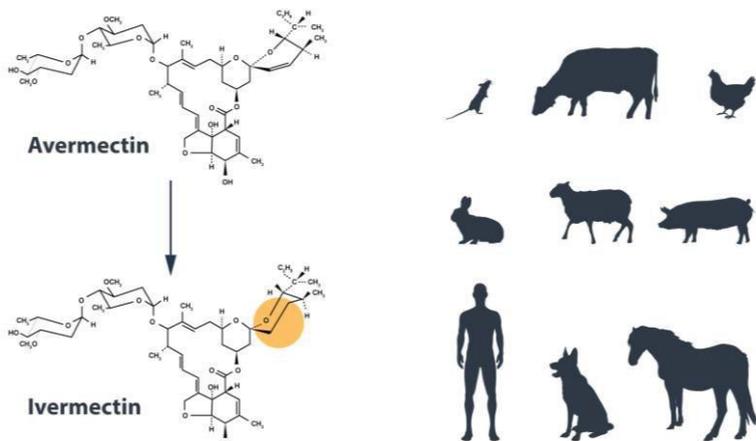
After decades of limited progress in developing durable therapies for parasitic diseases, the discoveries of this year's Laureates radically changed the situation.

Satoshi Ōmura, a Japanese microbiologist and expert in isolating natural products, focused on a group of bacteria, *Streptomyces*, which lives in the soil and was known to produce a plethora of agents with antibacterial activities (including Streptomycin discovered by Selman Waksman, Nobel Prize 1952). Equipped with extraordinary skills in developing unique methods for large-scale culturing and characterization of these bacteria, Ōmura isolated new strains of *Streptomyces* from soil samples and successfully cultured them in the laboratory. From many thousand different cultures, he selected about 50 of the most promising, with the intent that they would be further analyzed for their activity against harmful microorganisms (Figure 2).



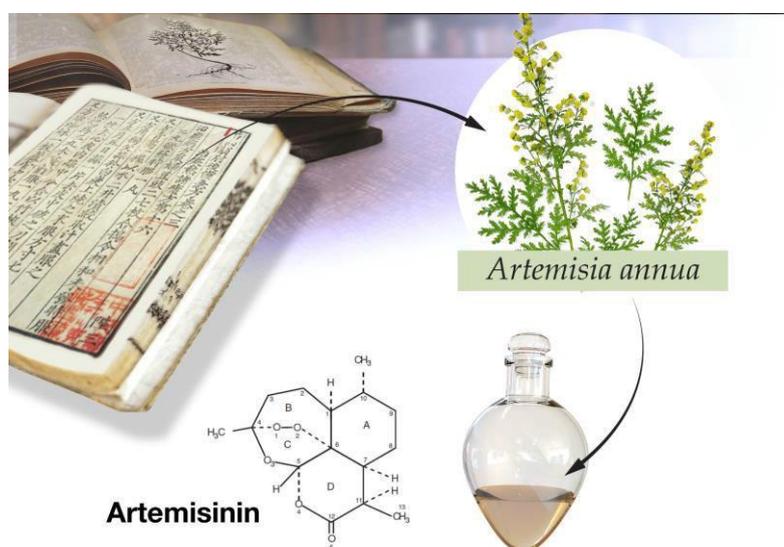
**Figure 2:** Satoshi Ōmura searched for novel strains of *Streptomyces* bacteria as a source for new bioactive compounds. He isolated microbes from soil samples in Japan, cultured them in the laboratory (inset to left) and characterized many thousands of *Streptomyces* cultures. From those, he selected around 50 cultures that appeared most promising, and one of these cultures later turned out to be *Streptomyces avermitilis* (inset to right), the source of Avermectin.

William C. Campbell, an expert in parasite biology working in the USA, acquired Ōmura’s *Streptomyces* cultures and explored their efficacy. Campbell showed that a component from one of the cultures was remarkably efficient against parasites in domestic and farm animals. The bioactive agent was purified and named Avermectin, which was subsequently chemically modified to a more effective compound called Ivermectin. Ivermectin was later tested in humans with parasitic infections and effectively killed parasite larvae (microfilaria) (Figure 3). Collectively, Ōmura and Campbell’s contributions led to the discovery of a new class of drugs with extraordinary efficacy against parasitic diseases.



**Figure 3:** William C. Campbell discovered that one of Ōmura’s *Streptomyces* cultures was very effective in killing off parasites and the active compound, Avermectin, was purified. Avermectin was further modified to Ivermectin, which turned out to be highly effective in both animals and humans against a variety of parasites, including those that cause River Blindness and Lymphatic Filariasis.

Malaria was traditionally treated by chloroquine or quinine, but with declining success. By the late 1960s, efforts to eradicate Malaria had failed and the disease was on the rise. At that time, Youyou Tu in China turned to traditional herbal medicine to tackle the challenge of developing novel Malaria therapies. From a large-scale screen of herbal remedies in Malaria-infected animals, an extract from the plant *Artemisia annua* emerged as an interesting candidate. However, the results were inconsistent, so Tu revisited the ancient literature and discovered clues that guided her in her quest to successfully extract the active component from *Artemisia annua*. Tu was the first to show that this component, later called Artemisinin, was highly effective against the Malaria parasite, both in infected animals and in humans (Figure 4). Artemisinin represents a new class of antimalarial agents that rapidly kill the Malaria parasites at an early stage of their development, which explains its unprecedented potency in the treatment of severe Malaria.

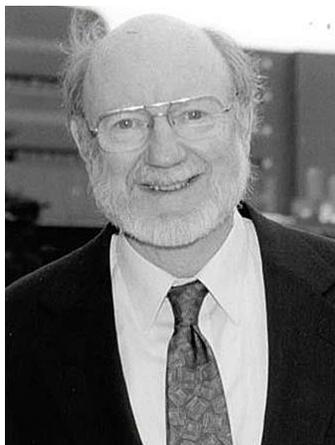


**Figure 4:** Youyou Tu searched ancient literature on herbal medicine in her quest to develop novel malaria therapies. The plant *Artemisia annua* turned out to be an interesting candidate, and Tu developed a purification procedure, which rendered the active agent, Artemisinin, a drug that is remarkably effective against Malaria.

## Avermectin, Artemisinin and global health

The discoveries of Avermectin and Artemisinin have fundamentally changed the treatment of parasitic diseases. Today the Avermectin-derivative Ivermectin is used in all parts of the world that are plagued by parasitic diseases. Ivermectin is highly effective against a range of parasites, has limited side effects and is freely available across the globe. The importance of Ivermectin for improving the health and wellbeing of millions of individuals with River Blindness and Lymphatic Filariasis, primarily in the poorest regions of the world, is immeasurable. Treatment is so successful that these diseases are on the verge of eradication, which would be a major feat in the medical history of humankind. Malaria infects close to 200 million individuals yearly. Artemisinin is used in all Malaria-ridden parts of the world. When used in combination therapy, it is estimated to reduce mortality from Malaria by more than 20% overall and by more than 30% in children. For Africa alone, this means that more than 100 000 lives are saved each year.

The discoveries of Avermectin and Artemisinin have revolutionized therapy for patients suffering from devastating parasitic diseases. Campbell, Ōmura and Tu have transformed the treatment of parasitic diseases. The global impact of their discoveries and the resulting benefit to mankind are immeasurable.



**William C. Campbell** was born in 1930 in Ramelton, Ireland. After receiving a BA from Trinity College, University of Dublin, Ireland in 1952, he received a PhD from University of Wisconsin, Madison, WI, USA in 1957. From 1957-1990 he was with the Merck Institute for Therapeutic Research, from 1984-1990 as Senior Scientist and Director for Assay Research and Development. Campbell is currently a Research Fellow Emeritus at Drew University, Madison, New Jersey, USA.



**Satoshi Ōmura** was born in 1935 in the Yamanashi Prefecture, Japan and is a Japanese Citizen. He received a PhD in Pharmaceutical Sciences in 1968 from University of Tokyo, Japan and a PhD in Chemistry in 1970 from Tokyo University of Science. He was a researcher at the Kitasato Institute, Japan from 1965-1971 and Professor at Kitasato University, Japan from 1975-2007. From 2007, Satoshi Ōmura has been Professor Emeritus at Kitasato University.



**Youyou Tu** was born in 1930 in China and is a Chinese citizen. She graduated from the Pharmacy Department at Beijing Medical University in 1955. From 1965-1978 she was Assistant Professor at the China Academy of Traditional Chinese Medicine, from 1979-1984 Associate Professor and from 1985 Professor at the same Institute. From 2000, Tu has been Chief Professor at the China Academy of Traditional Chinese Medicine.

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*The Nobel Assembly, consisting of 50 professors at Karolinska Institutet, awards the Nobel Prize in Physiology or Medicine. Its Nobel Committee evaluates the nominations. Since 1901 the Nobel Prize has been awarded to scientists who have made the most important discoveries for the benefit of mankind.*

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## FEATURED FACULTY-

### Dr. Emad Nosair



Dr. Emad graduated with MBBS from Ain-Shams University, Cairo, Egypt with *“Very Good with Honor”* in 1983. Then, he acquired his MSc. at the Department of Anatomy, Ain-Shams University, Egypt in 1990, with *“Very Good”*. Then, Dr. Emad completed his PhD at the Department of Pharmacology & Toxicology, University of Medicine & Dentistry, New Jersey (UMDNJ), USA in 1997 where his thesis title was *“Studies on nephrotoxicity of aspirin and gentamicin in combination in rats”*. In 2015, Dr. Emad obtained a MSc. of Science in *“Leadership in Health Professions Education”* from the Royal College of Surgeons in Ireland (RSCI) in partnership with University of Sharjah, with *“First Class Honors”*. The dissertation title was *“Medical Students Workload: Implication to the European Credit Transfer and Accumulation System (ECTS) in Integrated PBL Curriculum”*.

Dr. Emad has a wide academic experience built over 30 years in many educational situations. Currently, he is an assistant professor of human Anatomical Sciences at the Department of Basic Sciences at the University of Sharjah, since 2005. He was one of the founding faculties for the College of Medicine, who established the up-to-date anatomy syllabus and resources to adapt an integrated PBL program. As an educator, he is also involved in developing the overall PBL medical program. His teaching responsibilities involved Human Anatomy to under- and post graduate health-related students. He also teaches and coordinates the elective university course *“History of Medical & Health Sciences”* for the last 8 years. Recently, he has been selected as a member of the Foundation Committee of the *“Sharjah International Foundation for the History of Arab and Muslim Sciences”*.

His research interest is the field of clinical, surgical and radiological anatomical studies. Additionally, he is interested in publishing in Medical Education, especially in the fields of educational environment and students’ workload and assessment. He is a peer reviewer of some educational journals as well as international anatomical textbooks; and participated in many educational conferences, workshops and seminars.

His educational philosophy is that teacher’ role is not only a knowledge provider, but also to facilitate and motivate students to acquire the professional skills required to excel in the 21<sup>st</sup> century by developing their critical reasoning, problem solving, creativity and self-autonomy.

Dr. Emad’s current research projects are:

- Measuring students’ workload: A requirement for assigning ECTS to PBL medical program: triangulated methodology.
- Measuring the independent student’s workload in PBL medical learning activities: Quantitative study.
- Using student-centred approach in teaching history of medicine in PBL health-professional students.

We wish Dr. Emad the best of luck and success in his research projects and hope to see publications of his findings soon.

## Faculty Achievements, Awards & Special Recognition

### Awards and Special Recognition:

Professor Qutayba Hamid was presented with a gold award by the Gulf Thoracic Society during the 7<sup>th</sup> Annual Congress of Saudi Thoracic Society between the 9-12<sup>th</sup> of March 2016.



### Conference Participation:

Dr. Bashair Musa received an award for her poster presentation in the 6<sup>th</sup> Emirates Diabetes & Endocrine Congress on 4<sup>th</sup>- 6<sup>th</sup> February in Dubai. The title of the research project is: 'Effects of personalized lifestyle intervention in Type 2 diabetes: moving beyond healthy diet and enhanced physical activity'.



Professor Qutayba Hamid gave 2 talks at the 7<sup>th</sup> Annual Congress of Saudi Thoracic Society on 10<sup>th</sup> March 2016 entitled 'IL-5 from discovery to clinical implication' and 'Eosinophils in the lung- good or bad news?'



Professor Azzam Magazachi gave a presentation on 'Update on Basic Immunology' at the 7<sup>th</sup> Annual Congress of Saudi Thoracic Society on 11<sup>th</sup> March 2016.



### Programs/Courses:

Dr. Nour Hashim completed Kafaat Social Entrepreneurship program 2016. Her team social enterprise project was 'Health Taxi', a non-emergency medical transportation service. It is a private car (taxi) service that will allow those who need to reach healthcare facilities to hire a car using an app or website, and within minutes a special equipped luxury car/van will pick the patient from home take him/her to hospital and then take him/her back home. It targets those who lack transportation to reach medical facilities including the elderly, disabled, females and children. This will help assure access to medical services, decrease missing appointments, and ensure proper medical care is provided on time. This idea is still in the brainstorming stage but the team is working hard to bring it to reality.

### Sports Achievements:

Dr. Nour Hashim participated in the Sharjah Ladies Neon Run which took place on the 26<sup>th</sup> February 2016.



Dr. Emad Nosair came in 2<sup>nd</sup> place as member of the faculty football team, in a competition conducted this month



Drs. Anu and Nasser participated in the 3 Emirates Run on February 26<sup>th</sup>. This run started at Dubai Mamzar continued through Sharjah to Ajman Beach (~ 31 km)



Drs. Anu and Nasser participated in the International Triathlon Union (ITU) on the 5<sup>th</sup> March 2016 in Abu Dhabi

Congratulations to our faculty and staff members on their successes and achievements and we wish them the best of luck in all their future endeavours.

**Amendment:** Dr. Emad Nosair had an article published recently along with Prof. Randa Mostafa and Dr. Zein Mirghani entitled: Nosair et al. Measuring Students' Perceptions of Educational Environment in the PBL Program of Sharjah Medical College. *Journal of Medical Education and Curricular Development* 2015:2 71–79.

# STUDENT CORNER

## Medical Student Association (MSA) activities:

### Food Festival

The Social committee of MSA was excited to announce its Food Festival. Fun activities took place such as “Gladiator Fighting” and “Guess the Ingredients”.



The main scene of this event was the food trucks that did a great job in showing many students a new, practical and fun way to serve food. Trucks included The Mob Truck and Desert Chill.



More than a hundred students joined us in front of the cafeteria to experience this new idea and to enjoy a delicious lunch.



## Zika Virus Seminar

The MSA invited all faculty, staff and students to attend '**Zika Virus: An Update**'. The seminar was held on the 28<sup>th</sup> of February 2016 at the College of Medicine. This was a chance to deliver the latest information regarding the virus, its characteristics, transmission and to update the students regarding the latest guidelines in managing such an infection.



This talk sparked up an interesting discussion on a topic that is currently hot in the press. Well done Year 3 students **Tala Tillawi** and **Hebah Al-Jaghoub** for such an enlightening and informative presentation. The seminar was attended by faculties and students from different colleges. The presentation took 20 minutes followed by a discussion for 15 minutes and then a lunch break. Positive feedback was received and we hope this will be encouragement to hold more of such seminars in the near future.



## Old People's Home Visit



The community committee of MSA were honoured to have been allowed to visit the Old people's home in Sharjah.

They were given the chance to socialize with the elderly, not to mention fulfil one of the deeds our religion has encouraged us to do.



## Speech about self-development

The MSA was happy to co-ordinate with the University of Sharjah's Counselling and Psychological Support Department to host the first lecture of its kind in the university by one of the leading names in Self Development: **Dr. Mohammad ElTayeb**.



He demonstrated the strength of a student's personality, enhancing their confidence levels, self-esteem and will-power, to help fight stress and lead a life towards success and dreams coming true.



This event took place at the College of Medicine on Tuesday the 2<sup>nd</sup> of March 2016 where more than 100 students happily attended and enjoyed the course.



## Comedy Show

The MSA was happy to announce its first Comedy Show! The show featured an amazing line up from around the world including:

Wonho Chung



Nitin Mirani



Salman Qureshi



Omar Ramzi



This event was announced in order to reduce the stress of students and let them enjoy their time. Comedians did a great job providing a hilarious 2 hour show not only for the students but also for faculty and the Dean of Medical College, Prof. Qutayba Hamid as well as Dean of Students' Affairs Dr. Darabseh.



The event took place on Monday the 14th of March; more than 300 students happily attended in Al Razi Hall and enjoyed the show.

## Student Sports Activities:



Our student's football team came in 2<sup>nd</sup> place at the intercollege competition



Ghiath Ismayl, a Year 3 student, came in 2<sup>nd</sup> place at the intercollege chess competition

On the 16<sup>th</sup> March 2016, there was a badminton competition among team formed from different nationalities in our university. The Iranian team won first place; UAE team second place and Indian & Pakistani team won third place. Ayesha Al Khoori was playing in the UAE team with Noora Al Hammadi (sustainable renewable energy engineering) and Mariam Al Awadhy (sustainable renewable energy engineering), and the three of them won silver medals.

The intercollegiate table tennis federation took place on the 7<sup>th</sup> of March 2016 and was hosted by AUS. Our UOS team won first place. Majd Al Bloushi (architectural engineering), Ahlam Al Shamsi (physiotherapy) and Ayesha Al Khoori represented the university. The award ceremony for this competition will be in June. UAEU won second place and Ajman University won third place. Ahlam and Majd are national champions of table tennis.

Both competitions we were under Coach Lili Muradi's supervision and guidance.



## Emirates Medical Students Society (EMSS) Activities:

- The Standing Committee of Rights & Peace (SCORP) organised a bake sale fundraiser on Orphans Care Day on the 24th February in the College of Medicine
- SCOPE is arranging a desert safari for medical students on the 26<sup>th</sup> March. See flyer below:



 جمعية الإمارات لطبية الطب  
EMIRATES MEDICAL STUDENTS' SOCIETY

 **SCOPE**  
Professional Exchange

# DESERT SAFARI

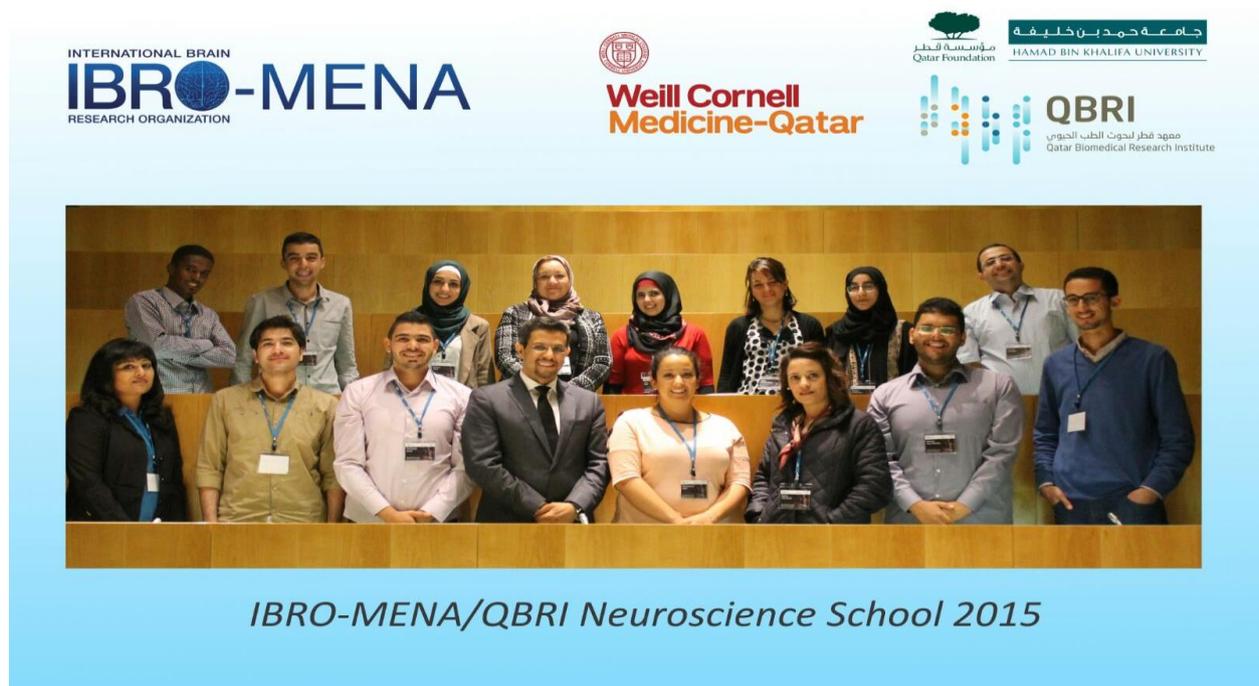
**ATTENTION all Medical Students!**  
**You are invited to the SCOPE AMAZING Safari!**  
**Hang out with Exchange Students**  
**& show them what the UAE is all about!**

**-Unlimited Refreshments**  
**-BBQ Buffet Dinner**  
**-Dune Bashing**  
**-Sand Boarding**  
**-Quad Biking**  
**-Henna Painting**  
**-Photographs in Traditional Dress**  
**-Shisha**  
**-Fire Show**  
**-Tanoura Show**  
**-Belly Dance Show**

**When? Saturday 26th March 2016**  
**Where? Dubai**  
**Price? AED 70**  
**Pick-up and Drop-off points?**  
**DMC 2:30-3PM UOS: 3-3:30PM**  
**DEPARTURE: From campsite at 7:45pm**  
**Reach DMC: 9:00pm Reach UOS: 8:30PM**

**FOR INFORMATION & REGISTRATION:**  
**<https://www.facebook.com/SCOPEEMSS>**  
**SNAPCHAT: @SCOPEEMSS**

## Student Conference Participation



Having been selected for a neuroscience school, organized by the international brain research organization (IBRO) held in Doha, Qatar, December 2015 was certainly a great end to the year. It was a great opportunity to meet some brilliant medical students from all over the Arab world, in addition to clinical researchers, physicians and faculty from Weill Cornell Medical College and from all over the United States. I feel proud that I represented my college and the UAE at this summit, by presenting our community based research on ‘Small group learning at the University of Sharjah’ as an oral presentation.

- Mousa Abu Ghoush, Year 5

The highlight of the month, the “Medical Students Forum” took place at the Grant Hyatt Hotel in Dubai. This major event was conducted on the 11<sup>th</sup> and 12<sup>th</sup> of March in conjunction with the “Gulf Thoracic Conference 2016”. Prof. Qutayba Hamid and Prof. Mohamed Al-Hajjaj were among the scientific committee and organizers of this event.



More than 50 abstracts were accepted and presented as posters. The top 10 abstracts were presented in an oral session. Our college was represented by two posters, one related to the field of pulmonology and the other related to medical education, both of which were the main themes of the “Medical Students Forum”. During the event, numerous sessions were conducted related to career planning, research field, publications and much more.

On the 10th of March, Middlesex University, in Dubai, UAE, hosted the **4th National Conference of Applied Psychological Research** in the UAE and Gulf Region. A few research groups from our college were accepted either to present their posters or for an oral presentation. It was a well-organized event and our students received quite a warm welcome upon arrival to the university. Overall, faculty members and students were impressed with our student's performance and everyone did an incredible job. Certificates were handed to those who participated at the end of the conference.

The college representatives at the conference and their respective research topics are as follows:

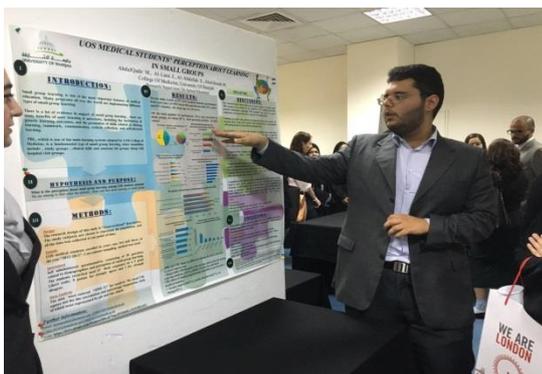
#### Oral Presentations:

- **Dalia Ali Al Hababeh & Shagufta Parveen Shakil**-Year 4  
'Prevalence of Stress and Coping Strategies Adopted by Students at the Medical Campus'
- **Samhar Nahab & Amr El-Mikresh**-Year 5  
'Gestational Diabetes Awareness in women in childbearing age in Sharjah'
- **Ahmad Al-Shaye & Mohammed Atef** –Year 3  
'Prevalence of Depressive Symptoms among Working Mothers in UAE'  
The other students involved in this project: **Tasnim Mohamed, Ola Al-Abdullah** and **Nada Asem**



#### Poster Presentations:

- **Abbas Jarrahi, Ahmad Almainan, Areej Alrawi, Loyal Al Barghouthi & Lujain Almubarak** –Year 4  
'Lifestyle Changes among Freshmen University Students'
- **Mousa Abu Ghoush, Mohammed Abdul Qadir, Safa Al-Abdullah & Zahraa Al-Lami**-Year 5  
'UOS medical students' perception about learning in small groups'



## Thalassemia Traveler's Campaign

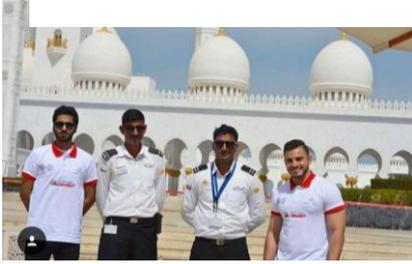


Thalassemia Travelers are a group of eight Year 3 medical students at the University of Sharjah who travel the Emirates to raise awareness about a disease that could affect many local and Arab patients. Their goal, with the help of Her Highness Sheikha Sheikha Bint Said Al Nahyan, the chairperson of the board of Emirates Thalassemia society, is to encourage more people to get screened for this disease.

Thalassemia is devastating and can separate families, and in this country it is very common due to consanguinity. Thalassemia is a blood disorder passed down through families (inherited) in which the body makes an abnormal form of haemoglobin. Haemoglobin is the protein in red blood cells that carries oxygen. The disorder results in large numbers of red blood cells being destroyed, which leads to anaemia.

Thalassemia Travelers have entered a competition entitled "What is Thalassemia". Under the theme "Shop and Educate", they are raising awareness in all seven emirates. The students involved in this campaign are: Abdullah Elgouhary, Dalia Ra'a, Meena Alhadithi, Mohamed Elamin, Mohamed Elmekresh, Nafisa Eltag, Shahad Abasaheed, Tarek Alzain and are supervised by Prof. Azzam Magazachi and Dr. Hiba Barqawi. Please follow them on instagram  [@thalassemia\\_travelers](https://www.instagram.com/thalassemia_travelers)





#Thalassemia\_Heroes



## “Journey through Thalassemia”

When the love of medicine intertwines with the love of volunteerism and creativity, raising awareness seems effortless. 8 medical students, 7 emirates, a journey with one mission, united to deliver a message of hope, a message about a common disease in the UAE, a message about Thalassemia. The Journey Through Thalassemia team members are **Arab Hammoudeh, Enas AlSharu, Hamad bin Hammad, Ahmad Osama, Ali Ayman, Motaz Azzam, Ola AlAbdullah, and Heba AlJaghoub**; all third year medical students, Dr. Ahmed AlSerafy being their team supervisor. The journey started with a 48 hours tour around all the emirates starting from Sharjah passing through Dubai, AbuDhabi, AlAin, AlFujairah, Khorfakkan, RAK, UAQ, and finally Ajman. The tour finished but the journey continued. The team visited different malls, centers, and public attractions, including Matajer, Al Majaz Waterfront, Al Qasba, Al Ghurair Center, the Sharjah Police HQ, and Latifa hospital in order to spread the awareness and to reach a diverse audience. Moreover, the team carries out a regular competition called the question of the day and the winners are given the title thalassemia heroes. The support of the audience sustains the team’s dedication and motivation. Follow them on Instagram: [Thalassemia\\_meduos](#).

## **Model United Nations**

The Model United Nations club (MUN) was created in 2015, due to the efforts of Yaman Hokan and Nada Mahmoud, and was recognised this year by the deanship of Student Affairs. They participated in the Club Fair 2016 and got plenty of positive feedback on the organisation and the idea from the Chancellor, faculty and students. The club has been running for almost a year, and after long training sessions and continuous efforts, the students joined several different MUNs such as ADMUN (Abu Dhabi Model United Nations) and AUDMUN (American University of Dubai Model United Nations) and won a couple of prizes. They are aiming to join other MUNs in the UAE and abroad and perhaps even hold their very own UOSMUN conference in 2017!

Our students participated most recently in the AUSMUN (American University of Sharjah Model United Nations) in February 2016, and were awarded three prizes: The Diplomacy award was given to Abdullah Malek (Year 1 - Medicine) while both Yaman Hokan (Year 3 - Medicine) and Sadeq Ahmed (Year 1 - Medicine) were awarded honourable mentions.

UOSMUN looks forward for new applicants and welcomes any newcomers. For more information, please email: [uosmun@hotmail.com](mailto:uosmun@hotmail.com) or follow their social media accounts:

 Twitter: @UOSModelUN

 Snapchat: UOSMUN

 Instagram: UOSMUN



## EVENTS



### Update in Clinical Medicine Seminar Series

The College of Medicine is running a series of lectures delivered by invited national and international speakers to highlight updates and new developments in clinical medicine. The seminar series “**Updates in Clinical Medicine**” runs on a fortnightly basis on **Mondays at 3pm** at the College of Medicine in Hall **M27-029**. This month the ‘Update to Health Seminar’ featured two highly renowned speakers.

The college recently hosted **Dr. Hellme Najim**, FRCPsych, Consultant Psychiatrist to give two talks entitled: ‘**Why do we like to cry!!**’ and ‘**How to handle stress in your life**’ on Monday 14<sup>th</sup> March 2016. Dr. Hellme works at Basildon University Hospital as well as being Editorial Board Member of J. International Psychiatry, Schizophrenia Disorder and Therapy and The Journal of Academicians Research Centre. He is also a Medical Member of The Mental Health Review Tribunals from the Ministry of Justice in the UK and Chairman of Transcultural Psychiatry Special Interest Group from The Royal College of Psychiatrists.

The second seminar entitled “**Update on cardiology: Atrial Fibrillation Seminar**” took place on the 24<sup>th</sup> March 2016 and was held by **Dr Alawi Alsheikh-Ali**, MD, MSc – Bio, Consultant Cardiologist and Cardiac Electrophysiologist and Founding Dean of the College of Medicine at the Mohammed Bin Rashid University of Medicine and Health Sciences. Dr. Alsheikh-Ali is the immediate Past President of the Emirates Cardiac Society and member of the Board of Directors of the Gulf Heart Association and a Founding Board Member of the Gulf Heart Rhythm Society.



### Journal Club

On 7th March 2016 the first Journal Club meeting was held at the University of Sharjah’s College of Medicine.

The first session was hosted by **Professor Mohamed Al-Hajjaj** who opened the door to discussion of the article ‘**Roflumilast combined with Montelukast versus Montelukast alone as add-on treatment in patients with moderate-to-severe asthma**’ which he reviewed and discussed with the attending participants. This sparked a dialogue amongst the attendees and a debate on some of the findings and ethical issues associated with some clinical studies.

There will be more sessions held in the next few months so keep an eye out for them. The next talk will be by **Dr. Ahmed El-Serafy** in the first week of the month of April.



## **Nobel Workshop and Museum:**

Dubai will host the Nobel Museum Exhibition for the next 10 years following a partnership with the Mohammed Bin Rashid Al-Maktoum Foundation.

The first of a series of annual exhibitions is called '**Exploring Life: Nobel Prize in Physiology or Medicine**' and was held at Children's City in Dubai Creek Park from February 21<sup>st</sup> to March 21<sup>st</sup>.



Drs. Nihar Dash and Hiba Barqawi accompanied a group of students to the Nobel Museum and attended a talk by Dr. Erling Norrby, former permanent secretary of the Royal Swedish Academy of Sciences, on Sunday 6th March, entitled '**Noble Prizes: The life and the dance of large molecules**'. They were also given a tour of the museum facilities.



## Year 5 Farewell Party

The Farewell Ceremony for the graduating class of 2016 was organized by Year 4 students and took place on the 15<sup>th</sup> March 2016 at the College of Medicine. Speeches were given; videos were shown followed by a small celebration with food and gifts. The ceremony started off with a welcome speech by Year 4 students explaining how they chose to throw this celebration for their senior colleagues as a thank you for all the support and advice they received from their elder counterparts throughout the years and to show them how appreciated they are and how much they will be missed. The Dean, Prof. Qutayba, gave a memorable speech and he sported a special piece of attire borrowed from the Year 5 students. The ceremony then took on a more sombre turn, as time was taken to honour the deceased Ahmad Basman, missed but never forgotten, who would have been graduating this summer too, and finally a farewell video prepared by Year 4 students featuring the faculty saying goodbye proved a great hit. It was a memorable event. They will truly be missed by all. We wish Year 5 the best of luck in their MBBS exams and in their futures wherever their paths may lead.



The Year 4 students involved in the planning of this successful event were: Omar Alassaf, Reem Ghawanmeh, Dalia Alhababbeh, Mohammed Emad, Layal Albarghouthi, Mariam Alani, Hussein Ammar, Tariq Khatib, Omar Khatib, Abdullah Abu sultan, Hamdan Mohamed, Abdulrahman AlAwadhi, Maymona AlDaour, Sulaima Taji, Abdulhadi Chamoun, Zahran AlRass, Majd Soudan, Mohammed Alsarraj, Farah Salman, Shahed Salman, Teeba Alzaiwary, Hajir Alzaiwary, Sabah Zaki, Hiba Abdelkarim, Akram Harazeen, Mujtaba Kaouas, Ahmad Almaiman, Ahmed Osama, Omnia Ahmed, Maysam Almoukdad, Sara Mohsen, Noura Boush, Muna Lootah, and Ahmed Nugud.

## DOCTOR'S ORDERS

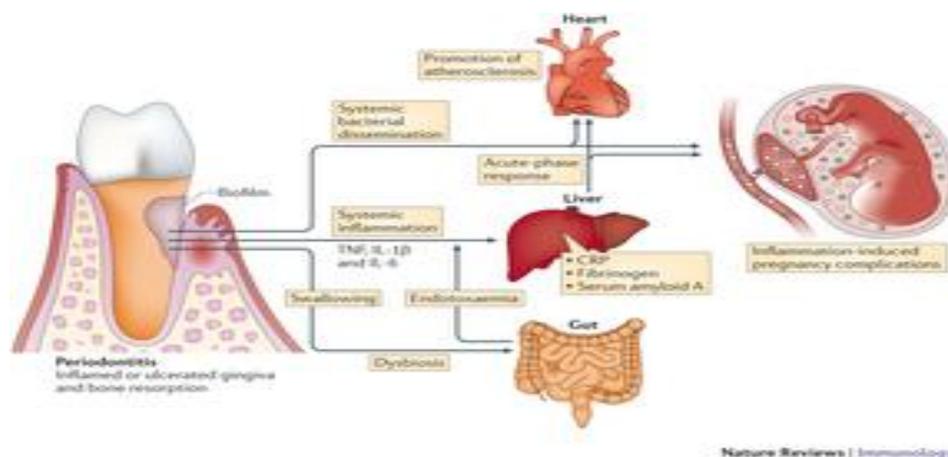


This Issue's "Doctor's orders" is submitted by **Dr. Azma Abdul Malek**

### Healthy Smile, Healthy Life

Much has been done in the medical profession to promote healthy life through healthy lifestyle. Promoting people to exercise, eat healthy food, have the correct body weight, quit smoking, have regular medical check-ups are just few examples. However, the simple regularly brushing the teeth and taking care of oral hygiene have not actually been in the medical profession healthy lifestyle list.

Dental researchers have found various relations between oral health especially periodontal diseases with general health. It was also noted that good oral health helps in controlling blood sugar (Sharma et al, 2016). Apart from causing tooth loss, the inflammatory reaction in periodontitis has been linked to the development and increase risk of atherosclerosis, rheumatoid arthritis aspiration pneumonia and adverse pregnancy outcome (Hajishengallis, 2015).



*A smile is happiness you'll find right under your nose.*

*Tom Wilson*

Sharma, M., Jindal, R., Siddiqui, M. A., & Wangnoo, S. K. (2016). Diabetes and Periodontitis: A medical perspective. *Journal of the International Clinical Dental Research Organization*, 8(1),3.

Hajishengallis, G. (2015). Periodontitis: from microbial immune subversion to systemic inflammation. *Nature Reviews Immunology*, 15(1), 30-44.

For any comments regarding this newsletter or suggestions for improvement please contact the Editor

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